



## Fall/Winter 2006 **Recreation Guide**

### **Inside...**

#### **New Email List!**

Sign up to receive exclusive offers and be the first to know what's new in Parks and Recreation. See page 32.

#### **We want to hear from you!**

Tell us what you want. See page 22.

#### **Free Summer Concert Series begins July 21**

See page 26.

#### **Parks and Recreation Participants speak out**

See Inside Back Cover.

**[www.rocklin.ca.us](http://www.rocklin.ca.us)**



[www.rocklin.ca.us](http://www.rocklin.ca.us)

# Recreation Commission

Rocklin Recreation Commission meets at 7:00 p.m., the second Wednesday of each month.

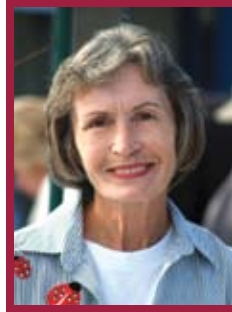
The meetings take place in Council Chambers, 3970 Rocklin Road.



**Jack Haycock**  
Commissioner



**Chris Anderson**  
Chairperson



**Margaret Azevedo**  
Vice-Chairperson



**Paul Ruhkala**  
Commissioner



**Kesar Singh**  
Commissioner

## A message from the Director...



**Mark Riemer**  
*Director of Community Services and Facilities*

People make Rocklin special. Resident-volunteers invest thousands of hours giving back to our community in many different and important ways.

From planting a grove of oak trees, keeping creeks clean, supporting youth sports leagues and giving generously to scholarship programs, people contribute and make a big difference in Rocklin.

Rocklin provides a menu of programs designed to entertain and inform residents of all ages. The city of Rocklin offers something for everyone to enjoy including: preschool, swimming lessons, CPR training and certification, teen activities, theatre and arts performances, as well as a variety of senior activities. I invite you to visit us on-line for a more in-depth look at Rocklin Parks and Recreation.

On behalf of the Rocklin City Council, the Recreation Commission, and city staff, we hope you will find the information contained in this Recreation Guide informational and useful.



## Table of Contents

Adult Classes .....	4-7
Adult Sports.....	29
Aquatics.....	2-3
Family Classes .....	8-10
Kids Junction .....	16
Park & Facility Information.....	18-19
Preschool .....	17
Registration Information.....	20-21
Rental Facilities.....	14-15
Senior Programs & Activities.....	23-25
Special Events .....	26-28
Survey .....	22
Teen Programs: Special Events.....	37
Telephone Numbers.....	36
Theatre & Arts.....	38-39
Toast of the Town Event.....	27
Trust Funds.....	40
Website .....	32
Youth Classes .....	11-13
Youth Sports.....	30-35

## 2006/2007 Calendar

### July 2006

- 3-14 .....Preschool Summer Camp Session I
- 7.....Country Line Dance
- 7.....Evening-in-the Park Concert:  
FBI and *Rocklin Area Chamber of Commerce Business Showcase*
- 14-23 .....Center Stage Production:  
*Guys & Dolls*
- 17 ..... Whitney HS Pool Opening Celebration
- 17-28 .....Preschool Summer Camp Session II
- 21 .....Evening-in-the Park Concert  
"Andy Keane & Kinda Blue" &  
"The Danelectro Band"
- 22 .....Razze Dazzle Trip
- 26 .....Trip to Treasure Island
- 30-31 .....Shakespeare:  
*Much Ado About Nothing*
- 31 .....Preschool Summer Camp  
Session III Begins Through Aug. 11

### August 2006

- 3.....Lifeline Screening
- 4.....Country Line Dance
- 4.....Evening-in-the Park Concert:  
"Knucklehead" and *Rocklin Chamber of Commerce Business Showcase*
- 6.....Music Mike Family Concert
- 6-9 .....Shakespeare:  
*Much Ado About Nothing*
- 10 .....KJ Summer Extravaganza
- 11 .....Ballroom Dance: *The Bill Rase Band*
- 18 .....Evening-in-the Park Concert  
"The Rick Donaldson Band"
- 21 .....Preschool Year Begins
- 23 .....San Francisco Giants Trip

### September 2006

- 8.....Country Line Dance
- 15-24 .....Center Stage Production:  
*Emperor's New Clothes*
- 19-20 .....Trip to Santa Cruz

### October 2006

- 6.....Country Line Dance
- 11 .....Music Mike Family Concert
- 27 .....Haunted Hall
- 30 .....KJ Fall Camp Registration Begins
- 31 .....Children's Trick-or-Treat Faire

### November 2006

- 4.....Wine Tasting & Community Dinner  
"Toast of the Town"
- 6.....Country Line Dance
- 10-12 .....Autumn Art Tour
- 21 .....Flu Shots
- 25 .....Santa's Sing-along
- 20-22 .....KJ Fall Camp

### December 2006

- 5.....KJ Winter Camp Registration Begins
- 6.....Music Mike Family Concert
- 5-14 .....Santa Visits
- 9.....Breakfast with Santa
- 8-17 .....Center Stage Production:  
*Scrooge, The Musical*
- 26-29 .....KJ Winter Camp Week #1

### January 2007

- 2-5 .....KJ Winter Camp Week #2
- 30-2 .....Rose Parade Trip

### February 2007

- 10-11 .....Snowflake Art Show



City of Rocklin Community Services & Facilities Department reserves the right to photograph and/or video tape participants in City facilities and activities. All photos and/or video tapes will remain the property of the City of Rocklin and may be used for publicity and promotional purposes.

Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that program dates, prices, or descriptions may change periodically.

In the event of a program change, every effort will be made to notify registrants in a timely manner.

## Rocklin City Council

George Magnuson ..... Mayor  
Ken Yorde..... Vice-Mayor  
Peter Hill..... Councilmember  
Kathy Lund ..... Councilmember  
Brett Storey ..... Councilmember

*Rocklin City Council meets at 7:30pm  
the 2nd and 4th Tuesday of each month  
on the 2nd floor of the*

*Administration Building, 3970 Rocklin Rd.*

## Rocklin City Officials

Barbara Ivanusich ..... City Clerk  
Vincent A. Amado ..... Treasurer  
Carlos Urrutia..... City Manager  
Rob Braulik..... Asst. City Manager

## Rocklin Planning Commission

Ralph Coleman ..... Chairperson  
Lynne Sully ..... Vice-Chairperson  
Betty Weibert ..... Commissioner  
Ralph Coleman ..... Commissioner  
Larry Menth ..... Commissioner

*Rocklin Planning Commission meets  
at 7:30pm the 1st and 3rd Tuesday of each  
month on the 2nd floor of the  
Administration Building, 3970 Rocklin Rd.*

## Rocklin Recreation Commission

Jack Haycock..... Commissioner  
Chris Anderson..... Chairperson  
Margaret Azevedo..... Vice-Chairperson  
Kisar Singh..... Commissioner  
Paul Ruhkala ..... Commissioner

*Rocklin Recreation Commission meets at  
7:00pm the 2nd Wednesday of each month  
on the 2nd floor of the*

*Administration Building, 3970 Rocklin Rd.*

## Community Services & Facilities Management

Mark Riemer ..... Director  
Gordon Holt..... Recreation Superintendent  
Rick Forstall ..... Parks and Facilities Manager



# Aquatics

## How To Get Aquatics Information

Please do not call the High Schools regarding Rocklin Aquatics programs. Call the following numbers for aquatics information.

625-5200 : February 1 - June 9

632-4190 : June 12 - August 20

*All Aquatics classes and activities are subject to change or cancellation without notice.*

## Rocklin Aquatic Complex

5301 Victory Lane • 632-4190

The Rocklin Aquatic Complex consists of an 8-lane pool with diving boards and a beach front entry wading pool. Features include a concession stand and shaded picnic area.

## Whitney High School Aquatic Complex

701 Wildcat Blvd • 632-4190

The City of Rocklin is proud to jointly operate the Whitney High School Pool with the Rocklin School District. This expansive 12-lane competition pool, located at the new high school site, features two 1-meter diving boards and overflow gutters.

Aquatics training classes will utilize the separate classroom and new pool during spring break. Lifeguard Training, Jr. Swim Instructor, and Water Safety Instructor classes will be held beginning April 10. Swim lessons, recreational swim, lap swim, aqua exercise and other aquatic activities are planned for the facility this summer.

## Parties At The Pool

Birthday Party Packages

After June 14, call 632-4190 for available dates and times.

Consider the Rocklin Aquatic Complex as a splashing alternative for your special function or party. Each birthday party package includes the use of the Rocklin Aquatics Facility during recreational swim from 1:00-4:00pm.

Cost is \$7 per guest (with a minimum of 10 guests).

You will receive the following:

- Decorated party table in picnic area for one hour
- Party postcard invitations
- Four Adult chaperone passes

## Discover Diving

Ages 12+

*Class meets on a monthly basis. Dates to be determined.*

Scuba diving is adventurous, challenging, and fun. We are offering evening and weekend classes in conjunction with Nautilus Diving and Sports Center. Classes include instruction, supervision and use of scuba equipment for pool classes.

For details, please call  
(916) 624-DIVE (3483).

## Totally Teen Time

12-15 years

A time designated to teens! Music, swimming, hydro games, dancing, and much more. Snack bar will be open.

Rocklin Aquatic Complex  
Saturdays 6:00-9:30pm  
Cost: \$5 / teen

3 Sessions:

July 8

July 22

August 5



## Aquatics Program



## Open Recreational Swim

June 14 - August 20

Rocklin Aquatic Complex

Tuesday - Sunday, 1:00 - 4:00pm

The pool will be closed on Mondays for Kids Junction use.

Whitney High School  
Aquatic Complex

Monday - Sat., 1:30 - 4:30pm

*Punch cards and passes will be available during the summer at each pool. Aquatics programs are subject to change or cancellation without notice.*

Age	Daily	10-swim card
Youth (0-17)	\$2	\$15
Adult (18-54)	\$3	\$25
Senior (55+)	\$2	\$15

## Hydro Games

Water Basketball

Rocklin Aquatic Complex

Tues/Thurs 8:00-9:30pm

6/27-8/3

\$5 / class - Drop In

## Inner Tube Waterpolo

Rocklin Aquatic Complex

Mon/Wed 8:00-9:30pm

6/26-8/2

\$5 / class - Drop In

# Aquatics

## — Training Classes —

### Water Safety Instructor Course

**Ages 16+**

Learn the mechanics of swimming and diving and proper teaching techniques to become a Red Cross swim instructor. Participants must attend ALL classes to receive Red Cross Certification.

**Whitney High School  
Aquatic Complex  
Sundays**

9:10-10:15am 2:00-7:30pm  
3735.609 \$143/\$133 *Resident Discount*  
\$57 Books

### Backyard Pool and Water Safety

Learn the basics of water safety and gain a general knowledge to keep your swimmers safe. Course will review the importance of pool rules, and techniques for using pool equipment as safety and rescue tools. Suit up!

**Whitney High School  
Aquatic Complex**  
Saturdays 9:00-11:00am  
July 8 3745.507  
August 5 3745.508  
\$10 / person  
\$20 / family of four

## Water Workouts

### Low Impact Aqua Exercise

This class will work muscles and improve circulation, yet is easy on your joints.

**Rocklin Aquatic Complex**  
Mon, Wed, Fri 8:00-9:00am

**\$25/\$20 *Resident Discount***  
July 10-21 3737.507  
July 24-Aug 4 3737.517  
August 7-18 3737.508

### Intermediate Aqua Exercise

This class will get your heart rate going by combining resistance training with a cardio workout.

**Rocklin Aquatic Complex**  
Mon thru Fri 9:00-10:00am

**\$35/\$40 *Resident Discount***  
\$4/drop in  
July 10-21 3738.507  
July 24-Aug 4 3738.517  
August 7-18 3738.508

**Whitney High School  
Aquatic Complex**  
Mon thru Fri 9:00-10:00am

**\$35/\$40 *Resident Discount***  
\$4/drop in  
July 10-21 3739.507  
July 24-Aug 4 3739.517  
August 7-18 3739.508

### Splash Splash Workout

Parents get a high impact, half-hour water exercise workout while their Guppy Level (3-5 year old) swimmer has a lesson and play time in the small pool.

**Rocklin Aquatic Complex**  
Monday thru Friday

**\$65/\$60 *Resident Discount***  
4:00-4:30pm  
July 10-21 3740.507  
July 24-Aug 4 3740.517  
August 7-18 3740.508  
4:30-5:00pm  
July 10-21 3741.507  
July 24-Aug 4 3741.508  
August 7-18 3741.509

### Lap Swim

Swim pool lengths at your own pace. Reduce stress and get in shape in an environment easy on your joints!

**Rocklin Aquatic Complex**  
8/28-10/27 7:00-9:00pm  
\$3 / swim  
\$20.00 / 10-swim card



[www.rocklin.ca.us](http://www.rocklin.ca.us)

## Visit our new website:

- City News
- Virtual Tours
- Online guides for:  
Business  
City Services  
New residents  
Visitors

*You'll find helpful information for everyday life in Rocklin. See page 32 for more details.*

**Call 625-5223 to confirm location and program dates if inclement weather.**

## Adult Swim Lessons

### Beginner Lessons

For adults who want to feel confident in the water and learn floating, gliding and stroking.

### Intermediate Lessons

For adults who want to improve strokes and build endurance.

**July 24 - August 4**

**Rocklin Aquatic Complex**  
Mon, Wed, Fri 9:00 - 9:30 am

**\$40 / \$36 *Resident Discount***

**Whitney High School Aquatic Complex**

Mon - Fri 7:55 - 8:25 pm

**\$50 / \$45 *Resident Discount***

## Youth Swim

**Session 4: July 24 - August 4**

**Session 5: August 7 - 18**

**Swim Lesson Prices per Session:**

**\$50 / \$45 *Resident Discount***

*ONE session = TEN days of 30-minute swim lessons*

### Swim Conditioning

Set personal goals, log your miles, and swim the distance.

**Whitney High School Aquatic Complex**

Mon - Fri, 7:30 - 9:00 pm

**\$32 / \$30 *Resident Discount***

**July 24 - August 3 3736.517**

**August 7 - 18 3736.508**

*\*No class 7/4*



## Education & LEISURE

### Stay Young, Have Fun, Ages 18+

Improve cardiovascular functioning, endurance, muscle tone, and coordination. Improve flexibility through relaxation, deep breathing exercises, and stretching techniques.

Enjoy the benefits of aerobics with the rhythm of Broadway tunes and easy to learn dance steps. Bands and hand weights optional. Betty is a credentialed physical fitness teacher and licensed nurse. Betty uses tender loving care for our senior and adult men and women student clientele.

**Location:** Community Center  
**Instructor:** Betty Hanlon  
**Price:** \$25/\$22 *Resident Discount*  
**Tues/Thurs** 3:30-4:30pm

9/5-9/28 5003.509  
10/3-10/26 5003.510  
11/2-11/30 5003.511  
12/5-12/21 5003.512  
1/4-1/30 5003.601  
2/1-2/28 5003.602

\*No class 12/26, 12/28

# Education & Leisure : Adult

## Aerobic Dance & Exercise Ages 18+

Exercise your body and refresh your spirit with easy-to-follow aerobic dance classes. A low-impact exercise program, designed for all ages.

**Location:** Community Center  
**Instructor:** Kathy Fellers  
**Mon/Wed/Fri** 9:00-10:00am

12-class pass: \$37/\$32 *Resident Discount*  
7/31-8/25 5001.508  
8/28-9/25 5001.509  
9/27-10/27 5001.510  
10/30-11/22 5001.511  
11/27-12/13 5001.512  
12/15-1/10 5001.601  
1/12-2/2 5001.602  
2/4-2/24 5001.603

1-class pass: \$3.50/\$3 *Resident Discount*  
7/31-8/25 5002.508  
8/28-9/25 5002.509  
9/27-10/27 5002.510  
10/30-11/22 5002.511  
11/27-12/13 5002.512  
12/15-1/10 5002.601  
1/12-2/2 5002.602  
2/4-2/24 5002.603

\*No class 7/3, 9/4, 11/24, 12/25, 12/27, 12/29, 1/1

## Jazzercise Ages 18+

This class combines elements of Jazz Dance, Resistance Training, Pilates, Yoga, Kick-boxing and more to create truly effective programs for people of every age and fitness level. Call 773-4254 for more information.

**Instructor:** Jeanette Owen  
**Location:** Breen Elementary  
Multi-purpose Room  
2751 Breen Dr.,  
Rocklin CA. 95677

**Days:** Monday & Wednesday  
6:00pm-7:00pm  
Saturday  
9:00am-10:00am

**Contact Instructor for current rates. Monthly passes & New Student offers are available.**

- 1-week free
- 1-month EFT W/3-months purchased
- Register on site or call 1(800)348-4748 or 773-4254

## Sunset Yoga Ages 16+

This Yoga class is designed to meet your need to relax at the end of your day. Release deep-seated tension and stress through stretching and breathing exercises. Develop strength, balance, and a sense of harmony.

**Location:** Sunset Center, Rm107  
**Instructor:** Susan Hewlett  
**Price:** \$42/\$37 *Resident Discount*  
**Wednesdays** 6:00-7:30pm

7/5-7/26 #5705.507  
8/2-8/23 #5705.508  
9/6-9/27 #5705.509  
10/4-10/25 #5705.510  
12/6-1/3 #5705.512  
1/10-1/31 #5705.601  
2/7-2/28 #5705.602

\*No class 12/27



## Tai Chi/Chi Kung Ages 18+

Chi Kung is not the usual pounding aerobics or running on hard pavement, but a more gentle and relaxed style of exercising. The exercises are easy to learn and can be preformed by students of all ages. Tai Chi is a series of slow movements combined with deep breathing used as a way to heal the body, focus the mind and center the spirit.

You will learn 35 movement short form. Also included are a series of warm-up stretches and stimulating breathing exercises. You will soon realize that Tai Chi and Chi Kung have improved your balance and coordination, reduced stress and increased your concentration and focus. Please wear loose clothing, comfortable shoes and bring water to drink.

**Instructor:** Spero Asimos  
**Location:** Sunset Center, Room 106  
**Price:** \$55/\$50 *Resident Discount*  
**Thursdays** 7:00-8:00pm

8/3-9/7 #4700.508 2/1-3/8 #4700.602  
9/14-10/19 #4700.509 3/15-4/19 #4700.603  
10/26-12/7 #4700.510 \*No class 11/23, 12/28, 1/4  
12/14-1/25 #4700.512



# Education & Leisure : Adult

## Country Line Dance

**Ages 16+ or 12-16 with a parent**

Exercise and stay fit in a fun way! Dance to the quality sound of Pro-Audio equipment and Top Country hits while improving your skills as a dancer. Make new friends and meet people while learning new and traditional dances. Quality instruction by one of the area's leading line dance instructors.

### Beginning

No previous line dance experience required.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Norm Gifford

**Price:** \$30/\$25 *Resident Discount*

**Wednesdays 8:00-9:00pm**

7/5-7/26 5953.507

8/2-8/23 5953.508

9/6-9/27 5953.509

10/4-10/25 5953.510

11/1-11/30 5953.511

1/3-1/24 5953.601

2/7-2/28 5953.602

*\*No Class: 11/2, 1/31, No December Classes*

### Intermediate

Previous line dancing experience is necessary.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Norm Gifford

**Price:** \$31/\$26 *Resident Discount*

**Wednesdays 6:00-7:30pm**

7/5-7/26 5951.507

8/2-8/23 5951.508

9/6-9/27 5951.509

10/4-10/25 5951.510

11/1-11/30 5951.511

1/3-1/24 5951.601

2/7-2/28 5951.602

*\*No Class: 11/2, 1/31, No December Classes*

## Adult Jazz *Ages 18+*

Come join a nice way to exercise! Learn basic jazz movements, stretches, floor exercises and jazz combinations. The adult jazz class will start with a 20-25 minute stretch and exercise from long-time dance instructor Sue Inman.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Sue Inman

**Price:** \$35/\$30 *Resident Discount*

**Mondays 7:30pm-8:30pm**

7/17-8/7 5008.507

9/11-10/2 5008.509

10/9-11/6\* 5008.510

11/13-12/4 5008.511

12/11-1/29\* 5008.512

2/5-3/5\* 5008.602

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

## Adult Tap *Ages 18+*

Learn to do the old soft shoe and other common tap steps in this beginning level class. Learn basic tap steps and simple combinations from long-time instructor Sue Inman.

**Location:** Sunset Center  
Sunset Room

**Instructor:** Sue Inman

**Price:** \$35/\$30 *Resident Discount*

**Mondays 6:30-7:30pm**

7/17-8/7 5009.507

9/11-10/2 5009.509

10/9-11/6 5009.510

11/13-12/4 5009.511

12/11-1/29\* 5009.512

2/5-3/5\* 5009.602

*\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19*

## Ballroom Dance *Ages 15+*

Have fun, meet new people, and enjoy the dance! Catch the excitement of learning to dance, or brush up on already acquired skills. Each session focuses on one dance, giving a solid base upon which to progress. Couples and singles welcome.



**Location:** Maidu Community Center, Roseville

**Instructor:** Sissy Kristiansen

**Price:** \$32/\$27 *Resident Discount*  
(per person)

**Thursdays 6:30-7:30pm**

**Cha Cha I**

7/6-7/27 5861.507

**Cha Cha II**

9/7-9/28 5861.509

**American Tango I**

10/5-10/26 5861.510

**American Tango II**

11/2-11/30 5861.511

**Fox Trot I**

1/4-1/25 5861.601

**Fox Trot II**

2/1-2/22 5861.602

*\*No Class in August & December and 11/23*

**Thursdays 8:00-9:00pm**

**Salsa I**

7/6-7/27 5860.507

**Salsa II**

9/7-9/28 5860.509

**E/C Swing I**

10/5-10/26 5860.510

**E/C Swing II**

11/2-11/30 5860.511

**Salsa I**

1/4-1/25 ~~5861.601~~

**Salsa II**

2/1-2/22 5860.602

*\*No Class in August & December and 11/23*

## Action Direct Adventure Outfitters

*Ages 15+*

### Seeking outdoor adventure? Find it here!

- Explore Angel Island and Lake Tahoe in kayaks
- Take a day hike in the Sierras
- Tour the Wine Country on bicycle

To learn more call Bryan Weis (916) 257-6768 or to register visit the Rocklin Sunset Center 2650 Sunset Blvd.

# Education & Leisure : Adult

## American Red Cross First Aid & CPR

*Ages 13-Adult*

Red Cross courses listed fulfill requirements for emergency medical personnel and occupational needs. Book is required for Community CPR and Community First Aid & Safety and may be purchased for \$15 at the Rocklin Sunset Center or American Red Cross offices. *Book is required.*

### Community First Aid & Safety *Monday, Wednesday, Friday*

Learn emergency rescue procedures for adult, infant and child in choke rescue, rescue breathing and CPR. Includes basic first aid procedures for cuts, burns, broken bones and sudden illness, fainting, diabetes, poisoning, overexposure to heat and cold. Upon successful completion, participants will receive a certificate for Adult, Child & Infant CPR valid for one year and a First Aid certificate valid for three years. *Book Required.\**

### Adult CPR & First Aid *Monday, Friday*

Learn emergency rescue procedures for the adult in choke rescue, rescue breathing, and CPR. Includes basic first aid and procedures for cuts, burns, broken bones and sudden illness, fainting, diabetes, poisoning, overexposure to heat and cold. Upon completion, receive an Adult CPR certificate valid for one year and a First Aid certificate valid for three years. *Book Required.\**

\* *Community First Aid & Safety Book \$15*

### Community CPR *Monday, Wednesday*

Learn emergency rescue procedures for adult, infant and child in choke rescue, rescue breathing and CPR. Upon successful completion, participants will receive a certificate for Adult, Child & Infant CPR valid for one year. *Book Required.\**

### Basic First Aid *Friday*

Learn basic first aid procedures for cuts, burns, broken bones and sudden illness, fainting, diabetes, poisoning, over exposure to heat and cold. *Does not include CPR training.* Upon completion, receive a First Aid certificate valid for three years. *Book Required\**

### First Aid Supplement *Friday*

Participants must have completed an Adult CPR course *within the past 12 months* to attend this course. CPR cards will be checked prior to the start of class. Upon completion, receive a First Aid certificate valid for three years. *Book Required\**

**Location:** Sunset Center  
**Instructor:** Bob Senecal  
**Community First Aid**

**Price:** \$61/\$56 *Resident Discount*  
**M/W/F** 6:00-10:00pm  
7/17-7/21 5310.507  
9/11-9/15 5310.509  
2/5-2/9 5310.602

### Community CPR

**Price:** \$46/\$41 *Resident Discount*  
**M/W** 6:00-10:00pm  
7/17-7/19 5320.507  
9/11-9/13 5320.509  
2/5-2/7 5320.602

### Adult CPR & First Aid

**Price:** \$46/\$41 *Resident Discount*  
**M/F** 6:00-10:00pm  
7/17-7/21 5315.507  
9/11-9/15 5315.509  
2/5-2/9 5315.602

### Basic First Aid

**Price:** \$36/\$31 *Resident Discount*  
**Friday** 5:00-8:30pm  
7/21 5325.507  
9/15 5325.509  
2/9 5325.602

### First Aid Supplement

**Price:** \$31/\$26 *Resident Discount*  
**Friday** 6:00-8:30pm  
7/21 5326.507  
9/15 5326.509  
2/9 5326.602

## American Red Cross Re-Certification

Red Cross courses listed are designed to recertify your current training. Come prepared to provide proof of current training and certification within the past 12 months. The following courses fulfill requirements for emergency medical personnel and occupational needs.

### Adult CPR *Ages 13+*

Designed for you to recertify your Adult CPR card. Upon completion, participants will receive a certificate for Adult CPR valid for one year.

### Community CPR *Ages 13+*

Designed for you to recertify your Adult, Child & Infant CPR card. Upon successful completion, participants will receive a certificate valid for one year.

\* *Community First Aid & Safety Book \$15*

**Location:** Sunset Center  
**Instructor:** Bob Senecal  
**Adult CPR Re-Certification**

**Price:** \$36/\$31 *Resident Discount*  
**Thursday** 6:00-8:00pm  
7/20 5335.507  
9/14 5335.509  
2/8 5335.602

### Community CPR Re-Certification

**Price:** \$46/\$41 *Resident Discount*  
**Thursday** 6:00-9:00pm  
7/20 5340.507  
9/14 5340.509  
2/8 5340.602



# Education & Leisure : Adult

## Beginner Watercolor Workshop

**Ages 7-12**

Artist Gayle Rappaport-Weiland introduces you to the wonderful world of watercolor. This class is designed to give your child both a creative and educational experience in the use of watercolor tools and techniques. All quality materials provided.

Class size is limited.

**Location:** Sunset Center, Room 104

**Instructor:** Gayle Rappaport-Weiland

**Price:** \$35 / \$30 *Resident Discount*

**Wednesday 3:30-5:30pm**

9/27 4907.509



## Golf Lessons

**Ages 10 to Adult**

Under the instruction of Sunset Whitney Country Club golf professionals, students learn the basic fundamentals of golf, including full swing, chipping, and putting. Clubs and balls are available upon request, but most golfers bring their own. Dress code strictly enforced. Call (916) 624-2610 for details.



*Club closed on Mondays.*

**Location:** Sunset Whitney Country Club

**Instructor:** Country Club Staff

**Price:** \$92/\$87 *Resident Discount*

**Saturdays 1:00pm-2:00pm**

7/29-8/26 5410.507

9/9-10/7 5410.509



## Why sit on the sidelines?

*Get on the Team!*

## City of Rocklin Adult Sports

We offer a variety of recreational and competitive sports for adults throughout the year. Leagues are offered for softball, basketball, flag football, and indoor volleyball.

*Our program is designed to enhance physical fitness through competitive activities and to foster a spirit of fair play and sportsmanship.* We also offer a Free Agent program and a Drop-In Sports program. All participants in the City of Rocklin Adult Sports Program must be 18 years or older. All skill levels are welcome to join.



*For more information see  
page 29 or call  
(916) 625-5200.  
[www.rocklin.ca.us](http://www.rocklin.ca.us)*



## Country Western Line Dances



First Friday of the month  
at Clarke Dominguez Gym,  
7:30-10:00pm.

See page 24 for dates & details.

# Education & Leisure : Family

## Ice Skating at Skatetown Ice Arena *Ages 6-11*

If you are a beginner this is the class for you. Learn forward and backward skating, swizzles, one-foot glides, stick handling, passing and shooting.

Includes skate rental and a 30-minute supervised practice session following the 30-minute class.

**Location:** Skatetown Ice Arena  
1009 Orlando Ave.  
Roseville

**Instructor:** Skatetown Staff  
**Price:** \$85/\$80 *Resident Discount*

### Lace 'Em Up Ice Hockey

**Thursdays 5:15-6:15pm**  
8/17-10/5 9703.508

### Smooth Skating

**Thursdays 5:15-6:15pm**  
8/17-10/5 9700.508

## Open Skate for Roller Skating

**\$4.00/parents**

**Saturdays 10:00-11:30am**

**Tuesdays 4:30-6:30pm**

*Except 7/18-8/15; 1:00-4:00pm*

## Roller Skating *Ages 3-12*

Certified instructors teach the basic elements of roller skating, emphasizing balance, coordination, and self-confidence. Students should arrive 15 minutes early for skate fittings. Skate rental included in class. Children under 5 may be accompanied by an adult. Parents may pay \$4.00 to attend open skate.

**Location:** Roller King  
889 Riverside Ave.  
Roseville

**Instructor:** Mike Jacques  
**Price:** \$23/\$21 *Resident Discount*

### Tuesdays 4:00-4:30pm

7/18-8/15 4801.507  
8/22-9/19 4801.508  
9/26-10/24 4801.509  
11/7-12/5 4801.511  
12/12-1/9 4801.512  
1/16-2/13 4801.601  
2/20-3/20 ~~4802.602~~

### ~~Wednesdays~~ 9:30-10:00am

7/22-8/19 4802.507  
8/26-9/23 4802.508  
9/30-10/28 4802.509  
11/4-12/2 4802.511  
12/9-1/6 4802.512  
1/13-2/10 4802.601  
2/17-3/17 4802.602

## Intermediate Hip Hop *Ages 13-17*

Come Join instructor Denise Pawlak in Hip Hop style dance. Dancers of all ability levels are encouraged to come experience this wonderful world. Fun and Funky combinations and routines will be taught while improving and perfecting technique, style, and teamwork.

**Instructor:** Denise Pawlak  
**Location:** Sunset Center, Rm 106

**Price:** \$35/\$30 *Resident Discount*

### Wednesdays 6:00-7:00pm

7/5-7/26 4040.507  
8/2-8/23 4040.508  
8/30-9/20 4040.509  
9/27-10/18 4040.510  
10/25-11/15 4040.511  
11/22-12/13 4040.512  
12/20-1/24 4040.601  
1/31-2/21 4040.602

*\*No class 12/27, 1/3*

### Ages 18+

### Wednesdays 7:15-8:15pm

7/5-7/26 4041.507  
8/2-8/23 4041.508  
8/30-9/20 4041.509  
9/27-10/18 4041.510  
10/25-11/15 4041.511  
11/22-12/13 4041.512  
12/20-1/24 4041.601  
1/31-2/21 4041.602

*\*No class 12/27, 1/3*

## Bowling *Ages 11-18*

Come learn the basics of bowling. Course topics will include basic rules of bowling, bowling etiquette, scoring, proper approach and arm swing, lining up and spare shooting. Students should arrive 15 minutes early to the first class for ball and shoe fitting. Bowling balls and shoes are included.

All classes will be taught at Rocklin Bowl, contact Jacob or Pat at (916) 624-8216 for more information.

**Location:** AMF Rocklin Bowl  
2325 Sierra Meadows Dr., Rocklin CA 95677

**Price:** \$53/\$48 *Resident Discount*

### Saturdays

**10:00am – 11:30am 6 classes**

9/9/06-10/14/06 4771.509

11/4/06-12/16/06\* 4771.511

1/27/07-3/10/07\* 4771.601

**12:00pm-1:30pm 6 classes**

9/9/06-10/14/06 4772.509

11/4/06-12/16/06\* 4772.511

1/27/07-3/10/07\* 4772.601

*\*No Class: 11/25/06, 2/17/07*

## Babysitters Training *Ages 11-14*

For young people, baby-sitting is one of the first opportunities to earn money and learn job responsibilities. Course topics include characteristics and basic care of children, playing with and supervising children, accident prevention and emergency actions, and customer relations.

*Red Cross certificate issued upon successful completion of course. Book included. Bring a lunch.*

**Location:** Rocklin Kids Junction Portable

**Instructor:** Susan Zaffree

**Price:** \$65/\$60 *Resident Discount*

**Saturday 9:00am-3:30pm**

8/12 4001.508

10/14 4001.510

1/20 4001.601



# Education & Leisure : Family

## Dog Training: Intro to Agility

*Beginner-Advanced;  
Ages 9+,*

*Dogs ages, 6 months+*

A positive, non-aggressive approach to training and problem solving. Gain an understanding of canine behavior and develop a relationship with your dog based on trust and mutual respect.



Beginners work on a 6' leash. Intermediate work requires a 15'-30' leash and will start to work off leash. Advanced work will polish your skills.

Advanced classes may meet from 7:30pm-8:30pm during the winter months. Enrollment in the different levels may be determined by the instructor.

**Location:** South of Library Bldg  
on the grass by 5th St.

**Instructor:** Cindy Baker

**Price:** \$70/\$65 *Resident Discount*

### *Beginner:*

**Monday 6:30-7:30pm**

7/31-9/4 5400.507

9/18-10/23 5400.509

2/26-4/2 5400.602

### *Intermediate:*

**Mondays 7:30-8:30pm**

7/31-9/4 5401.507

9/18-10/23 5401.509

2/26-4/12 5401.602

### *Advanced:*

**Mondays 8:30-9:30pm**

7/31-9/4 5402.507

9/18-10/23 5402.509

2/26-4/2 5402.602

## IMPORTANT!

*Dogs must have current  
vaccinations, and owner must  
bring proof to first meeting.*

## Introduction to Foil Fencing

*Ages 10 — Adult*

This class caters to the individual who has never fenced before. Emphasis is put on learning to hold the sword, positions, footwork and terminology. This is a one-time class. Students wishing to continue to fence should register for Beginning Fencing. Equipment is Provided. Wear athletic shoes. No shorts allowed.

**Instructor:** James Colgate

**Location:** Sunset Center, Sunset Room

**Price:** \$25/\$20 *Resident Discount*

**Thursdays 5:30-6:00pm**

7/6-7/27 4051.507 11/2-11/16 4051.511

8/3-8/24 4051.508 11/30-12/14 4051.512

9/7-9/28 4051.509 1/4-1/25 4051.601

10/5-10/26 4051.510 2/1-2/22 4051.602

## Beginning Fencing *Ages 10 — Adult*

Apply the skills learned in the introductory class through wielding of the sword, drills, exercises and matches. Classes are ongoing. Equipment is provided.

**Instructor:** James Colgate

**Location:** Sunset Center, Sunset Room

**Price:** \$54/\$45 *Resident Discount*

**Family of 2: \$49/\$40 *Resident Discount (per person)***

**Thursdays 6:00-7:30pm**

7/6-7/27 4050.507 11/30-12/14 4050.512

8/3-8/24 4050.508 1/4-1/25 4050.601

9/7-9/28 4050.509 2/1-2/22 4050.602

10/5-10/26 4050.510 *\*No Class: 8/31, 11/23, 12/21, 12/28*

11/2-11/16 4050.511

## Intermediate Fencing *Ages 12 — Adult*

Prerequisite 2 beginning sessions and instructor approval or some fencing experience. Continue to perfect your fencing skills, learn advanced positions and movements with the weapon and develop tactical strategies. Competition opportunities are available at this level. Purchase of personal equipment is recommended. Team taught with Mike Rogers.

**Instructor:** James Colgate; **Co-Instructor:** Mike Rogers

**Location:** Sunset Center, Sunset Room

**Price:** \$85/\$79 *Resident Discount*

**Family of 2: \$80/\$74 *Resident Discount (per person)***

**Thursdays 7:30-9:30pm**

7/6-7/27 4053.507 11/30-12/14 4053.512

8/3-8/24 4053.508 1/4-1/25 4053.601

9/7-9/28 4053.509 2/1-2/22 4053.602

10/5-10/26 4053.510 *\*No Class: 8/31, 11/23, 12/21, 12/28*

11/2-11/16 4053.511



# Education & Leisure : Family

## Danzan Ryu Jujitsu

**Ages 16+**

Danzan Ryu Jujitsu was founded in Hawaii by Prof. Henry Okazaki in the 1920s. Prof. Okazaki mastered three different systems of Jujitsu and added to them techniques he learned from Karate, Kung Fu, Judo, Boxing, Wrestling, Hawaiian Lua, Filipino Knife and stick fighting, and Spanish Dirk throwing to create his own system. This gave him the opportunity to choose the most effective throws, chokes, joint locks, strikes and other techniques for modern self defense. In addition, Prof. Okazaki also taught traditional Japanese Massage and healing arts, making Danzan Ryu one of the most complete and well-balanced systems available.

The City of Rocklin is now offering classes in Danzan Ryu Jujitsu on a continuing monthly basis. Classes will be taught by Sensei Jason Spencer, an instructor of Danzan Ryu and a member of the oldest Martial Arts organization in the U.S., the American Jujitsu Institute.

**Instructor:** Jason Spencer  
**Location:** Sunset Center, Rm 103  
**Price:** \$55/\$50 *Resident Discount*  
**Tues & Thurs** 7:00-8:30pm

7/6-7/27	4600.507
8/1-8/31	4600.508
9/5-9/28	4600.509
10/3-10/26	4600.510
11/2-11/30	4600.511
12/5-12/21	4600.512
1/2-1/30	4600.601
2/1-2/27	4600.602

*\*No Class: 11/23, 12/26, 12/28*

## Karate *Ages 7+*

Learn martial arts for self-defense, recreation, or competition. Build respect and self-esteem through kick punches, throws, karate, gymnastics, and katas.

Options: Students may purchase gi from instructor (\$25+), test for higher belt level (\$30), and compete in AAU tournaments. **ADULTS WELCOME.**

**Instructor:** Al Muir  
**Location:** Sunset Center, Sunset Room  
**Price:** \$53/\$48 *Resident Discount*  
 \*\*\$41/\$36 *Resident Discount*

**Tuesday** 6:00-7:30pm

9/5-10/24	4081.509
11/7-12/19	4081.511**
1/9-2/27	4081.601

*\*No Class 10/31, 11/21, 12/26-1/22*



## Cooking with Kids *Ages 7-9*

**Instructor:** Elaine Gazzolo  
**Location:** Community Center

### Kids In The Kitchen

Youngsters will have an opportunity to prepare and eat nutritious yet kid-friendly meals while learning basic cooking techniques. Please bring a plate to each class. We will prepare Minestrone Soup, Cheesy Pretzels, Piggy Pancakes, Peanut Butter & Jam Cookies and more.

**Price:** \$39/\$34 *Resident Discount*  
**Wednesdays** 4:00-5:00pm 9/27-10/18 4077.509

### Halloween Sweets-N-Treats

Kids will have a hauntingly fun time as we prepare an assortment of ghoulish goodies such as a Yummy Mummy, Frankenstein's Freaky Fingers, Black Cat Cookies, Monster Mud and/or a Jack-O-Lantern Jolly Lolly. Please bring a sturdy plate to take your treats home on!

**Price:** \$18/\$16 *Resident Discount*  
**Wednesday** 4:00-5:00pm 10/25 4077.510

### Christmas Sweets-N-Treats

Come celebrate the upcoming holidays in this one hour baking workshop! We will make and decorate a variety of Christmas cookies, baked goodies and treats that might make Santa want to come visit Rocklin early! Please bring a sturdy plate to class to take your treats home on.

**Price:** \$18/\$16 *Resident Discount*  
**Wednesday** 4:00-5:00pm 12/20 4077.512

## Music Mike Family Concert

Sunset Center Main Hall • 2650 Sunset Blvd

August 9, October 11, December 6, 2006

7801.508 7801.510 7801.512

**Wednesdays, 7:00-8:00pm**

**PRE-SALE TICKETS: \$6**

**Special pre-sale price for a family of four: \$18 • At The Door: \$8 per person**

Join this popular children's performer in Rocklin family concerts. Music Mike is well known among the preschool population for his fun versions of traditional folk songs and his own originals. Come prepared with your hands ready for clapping, feet ready for stomping, and mouths ready to smile! There is no charge for grandparents and in-arm babies.

# Education & Leisure : Youth

## Kindermusik

Location: Classroom 2

Instructor: Janet Wahlquist

### Newborn — 18 months

#### Peek-A-Boo, I love You

Mondays 9:30-10:15am

\$65/\$60 Resident Discount

7/24-8/21 4043.516

Learn ways to say "I Love You" using touch, Mother Goose rhymes, literature, books and chants. Activities include instrument play, American Sign Language, and special parent-baby dances that stimulate baby's eyes, body, and mind.

\$40 one-time material fee.

#### Zoom Buggy/Dream Pillow

Mondays 9:30am-10:15am

\$160/\$150 Resident Discount

9/11-1/22\* 4240.509

Zoom Buggy explore the many ways you and your baby can Zoom! — all through a variety of instruments and songs. Dream Pillow invites parents to sing to their baby in their own style.

Class activities can easily be woven into routines at home and include delightful ideas for lulling your baby to sleep as well as age-appropriate exploration.

\*No Class: 11/6-11/20, 12/25, 12/26, 1/1 1/15

#### Hickory, Dickory, Tickle & Bounce/The Rhythm of My Day (Spring)

Mondays 9:30am-10:15am

1/29-5/21 4240.601

\$160/\$150 Resident Discount

Encourage your baby's language development through the rhythmic nature of favorite childhood nursery rhymes and using basic American Sign Language.

The Rhythm of My Day offers an introduction and is highlighted by the concept of a family's daily rituals and routines.

\*No Class 2/9, 4/2

+\$75 one-time material fee includes 2 CD'S, 2 journals, 2 books, 4 banners, and a carry case.

### Ages 1.5 — 3.5 Years

#### Zoo Train

Mondays 10:30-11:30am

\$75/\$70 Resident Discount

7/24-8/21 4044.507

Tag along this summer with a traveling zoo-train; bring your own stuffed animal for the petting zoo; wear long white socks on your hands for polar bear paws, and learn about real animals in the zoo.

\$45 one-time material fee.

#### Milk and Cookies

Mondays 10:30am-11:15am

9/11-1/22\* 4042.509

Mondays 11:30am-12:15pm

9/11-1/22\* 4042.519

\$160/\$150 Resident Discount

Milk and Cookies empowers the parent to lead the child through familiar, everyday home activities such as cooking, dusting and washing clothes. Baking cookies, eating cupcakes, blowing on hot cross buns, wiggling like jelly, going grocery shopping and making tea are all represented in familiar songs and activities!

\*No Class: 11/6, 11/20, 12/26, 1/1, 1/15

+\$65 One-time material fee includes 2 CD'S, 2 journals, 2 books, 4 banners and a carry case.

#### Fiddle-dee-dee (Spring)

Mondays 10:30am-11:15am

1/29-5/21\* 4042.601

Mondays 11:30am-12:15pm

1/29-5/21\* 4042.621

\$160/\$150 Resident Discount

Fiddle-dee-dee takes its name from the beloved folk song about the fly who married the bumblebee and the theme of "fiddling around" is present all through the semester. Creatures from the animal kingdom, whether furry, web-footed, winged or whiskered are explored in this unit.

\*No Class: 2/9-4/2.

+\$65 One-time material fee includes 2 CD'S, 2 journals, 2 books, 4 banners and a carry case.

### Ages 3 — 5 Years

#### On the Road

Mondays 11:45am-1:00pm

\$85/\$80 Resident Discount

7/24-8/21 4045.507

Take imaginary trips through crafts, using simple materials. Most can be found around the house. Parents also learn more about how music improves a preschoolers ability to think, reason, create, and express.

\$45 one-time material fee.

### Stretch-N-Grow

12 months-3.5 years

Share the joy of accomplishment with your child as he/she grows in coordination, self-confidence and special skills. Help your child learn to jump, hop, roll, climb, and more in this active parent child class.

**Location:** Community Center  
**Instructor:** Sara Sirotek  
**Price:** \$38/\$33 Resident Discount

**Tuesday 9:00am-9:45am**

7/11-8/01 4500.507

8/08-8/29 4500.508

9/05-9/26 4500.509

10/03-10/24 4500.510

11/7-11/28 4500.511

12/05-1/02\* 4500.512

1/09-1/30 4500.601

2/06-2/27 4500.602

No Class: 12/26

**Thursday 9:00am-9:45am**

7/06-7/27 4501.507

8/03-8/24 4501.508

8/31- 9/21 4501.509

9/28-10/19 4501.510

10/26-11/16 4501.511

11/30-12/21 4501.512

1/04-1/25 4501.601

2/01-2/22 4501.602

No Class: 11/23, 12/28

See next page for 3.5-5 year children

# Education & Leisure : Youth



**Location: 6015 Fairway Drive, Rocklin**

*Dress Code For All Classes: Your child should wear clothing that fits snugly without restricting movement. We also ask your child to remove jewelry, and for safety reasons, long hair is secured with a pony tail, and all children are asked to be barefoot. Comfortable clothing is recommended for the adults. While you may leave socks on, we ask for your cooperation in removing shoes before entering the gym.*

## Ages Infant -12 years

June 19- August 19, 2006

\$136/\$126 Resident Discount

August 21-January 20, 2007

\$282/\$272 Resident Discount

## Parent/Child Classes

Children attend these classes with active parental participation and support. Motor development activities include aerobics, elementary gymnastics skills, stretching, rhythm, songs, group activities, ball play and bubbles!

**Bugs** 4 months-10months  
Thurs, 12:00pm-12:45pm 4034.506

**Birds** 10 months-19 month  
Tuesday 9:15am-10:00am 4035.506  
Wed 10:15am-11:00am 4035.516

**Beasts** 19 months-2 1/2 years  
Monday 10:15am-11:00am 4036.506  
Thursday 9:15am-10:00am 4036.516

**Super Beasts** 2 1/2-3 years  
Monday 10:15am-11:00am 4037.506  
Friday 9:15am-10:00am 4037.516

**Beasts** 19 months-2 1/2 years  
Monday\* 10:30am-11:15am 4036.508  
Friday 10:15am-11:00am 4036.518

**Super Beasts** 2 1/2 -3 years  
Monday 11:30 am-12:15pm 4037.508  
Tuesday 9:15am-10:00am 4037.518

## Pre-School/ Kindergarten Gymnastics

Progress continues in all developmental phases with age appropriate activities including gymnastics apparatus skills, tumbling and group games.

**Funny Bugs**  
Ages: 3-4 years  
Tuesday 11:30am-12:30pm 4038.506  
Friday 1:15am-2:15am 4038.516

**Giggle Worms**  
Ages: 4-5 years  
Tuesday 4:30pm-5:30pm 4039.506  
Thursday 11:45am-12:45pm 4039.516

**Good Friends**  
Ages: 5-6 years  
Monday 6:30pm-7:30pm 4140.506  
Thursday 4:30pm-5:30pm 4140.516

**Funny Bugs**  
Ages: 3-4 years  
Tuesday 11:30am-12:30pm 4038.508  
Friday 11:15pm-12:15pm 4038.518

**Giggle Worms**  
Ages: 4-5 years  
Tuesday 4:30pm-5:30pm 4039.508  
Friday 1:15am-2:15pm 4039.518

**Good Friends**  
Ages: 5-6 years  
Tuesday 12:45pm-1:45pm 4140.508  
Tuesday 4:30pm-5:30pm 4140.518

## Grade School Gymnastics

Beginning, intermediate and advanced tumbling and apparatus skills taught in a non-competitive environment.

**Flips (beginner girls)**  
Ages: 6-12 years  
Thursday 6:30pm -7:30pm 4141.506  
Saturday 11:45am-12:45pm 4141.516

**Twisters (int. girls invitation only)**  
Ages: 6-12 years  
Wed 4:30pm-5:30pm 4142.506

**Hot Shot Boys (beginner/int. boys)**  
Ages: 6-12 years  
Thursday 5:15pm-6:15pm 4143.506

**Flips (beginner girls)**  
Ages: 6-12 years  
Thursday 6:30pm-7:30pm 4141.508  
Saturday 11:45am -12:45am 4141.518

**Twisters (int. girls invitation only)**  
Ages: 6-12 years  
Wed 4:30pm-5:30pm 4142.508

**Hot Shot Boys (beginner/int. boys)**  
Ages: 6-12 years  
Thursday 5:15pm-6:15pm 4143.508

*No Classes: 9/4, 11/23, 11/24, 12/25-1/6.*

**\$35.00 Annual Family membership payable to The Little Gym.**

Classes maybe joined anytime during a semester on a prorated basis. One child enrolls at regular price, multiple sibling receive a 10% discount for their class per semester.



# Education & Leisure : Youth



January 22-June 16, 2007

\$282/\$272 Resident Discount

## Beasts

Ages: 19 months-2 1/2 years  
 Monday 10:30am-11:15am 4036.602  
 Friday 10:15am-11:00am 4036.621  
 Friday 12:30pm-1:15pm 4036.622

## Super Beasts

Ages: 2 1/2-3 years  
 Monday 11:30am-12:15pm 4037.602  
 Friday 9:15am-10:00am 4037.622

## Funny Bugs

Ages: 3-4 years  
 Tuesday 11:30am-12:30pm 4038.602  
 Friday 1:15am-12:15pm 4038.622

## Giggle Worms

Ages: 4-5 years  
 Tuesday 4:30pm-5:30pm 4039.602  
 Friday 1:15pm-2:15pm 4039.622

## Good Friends

Ages: 5-6 years  
 Tuesday 12:45pm-1:45pm 4140.602  
 Wed 4:30pm-5:30pm 4140.621  
 Tuesday 12:45pm-1:45pm 4140.622  
 Tuesday 4:30pm-5:30pm 4140.623

## Flips (beginner girls)

Ages: 6-12 years  
 Thursday 6:30pm-7:30pm 4141.602  
 Saturday 11:45pm-12:45pm 4141.622

## Twisters (int. girls invitation only)

Ages: 6-12 years  
 Wed 4:30pm-5:30pm 4142.602

## Hot Shot Boys (beginner/int. boys)

Ages: 6-12 years  
 Thursday 5:15pm-6:15pm 4143.602

\*No Class: 2/19, 4/2-4/7, 5/28



## Stretch-N-Grow K-Motion 3.5 years-5 years

Give your child the opportunity to learn and practice gross motor skills such as jumping rope, balancing, hopping and skipping and sports skills such as throwing, catching and dribbling. Social skills including listening and following directions are also part of the curriculum in this fun active class held in a safe nurturing environment.

Location: Community Center Instructor: Sara Sirotek

Price: \$43NR/\$38 Resident Discount

Tuesday	10:00am-11:00am	Thursday	10:00am-11:00am
7/11-8/01	4502.507	7/06-7/27	4503.507
8/08-8/29	4502.508	8/03-8/24	4503.508
9/05-9/26	4502.509	8/31-9/21	4503.509
10/03-10/24	4502.510	9/28-10/19	4503.510
11/07-11/28	4502.511	10/26-11/16	4503.511
12/05-1/02*	4502.512	11/30-12/21	4503.512
1/09-1/30	4502.601	1/04-1/25	4503.601
2/06-2/27	4502.602	2/01-2/22	4503.602
No Class: 12/26		No Class: 11/23-12/28	

## Ballet Ages 3-12

Students learn classical ballet fundamentals, progressing from basic positions to combinations. Each session will build upon the first. Families and friends are welcome to observe periodically, with teacher's invitation. Dress Code: Plain leotard (no skirt), tights and leather ballet shoes (to fit), hair tied back.

Location: Sunset Center, Sunset Room Instructor: Sue Inman

Price: \$35/\$30 Resident Discount

Pre-Ballet	Ages 3-4	Ballet I	Ages 5-8
<b>Mondays</b>	<b>10:00-10:45am</b>	<b>Mondays</b>	<b>4:30-5:15pm</b>
7/17-8/7	4011.507	7/17-8/7	4003.507
9/11-10/2	4011.509	9/11-10/2	4003.509
10/9-11/6*	4011.510	10/9-11/6*	4003.510
11/13-12/4	4011.511	11/13-12/4	4003.511
12/11-1/29*	4011.512	12/11-1/29*	4003.512
<del>2/5-3/5*</del>	<del>4011.602</del>	2/5-3/5*	4003.602

\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19

\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19

**Pre-Ballet** **Ages 3-4**  
**Mondays** **3:45-4:30pm**

7/17-8/7 4002.507  
 9/11-10/2 4002.509  
 10/9-11/6\* 4002.510  
 11/13-12/4 4002.511  
 12/11-1/29\* 4002.512  
 2/5-3/5\* 4002.602

\*No Class: 10/30, 12/18, 12/25, 1/1, 1/15, 2/19

**Ballet I Ages 3-4**  
**Tuesdays** **3:00-3:45pm**

~~7/11-8/1~~ ~~4005.507~~  
 9/5-9/26 4005.509  
 10/3-10/24 4005.510  
 11/7-11/28 4005.511  
 12/5-1/9\* 4005.512  
 1/16-2/6 4005.601  
 2/13-3/6 4011.602

\*No Class: 10/31, 12/19, 12/26

**Pre-Ballet** **Ages 3-4**  
**Tuesdays** **3:00-3:45pm**

7/11-8/1 4005.507  
 9/5-9/26 4005.509  
 10/3-10/24 4005.510  
 11/7-11/28 4005.511  
 12/5-1/9\* 4005.512  
 1/16-2/6 4005.601  
 2/13-3/6 4011.602

\*No Class: 10/31, 12/19, 12/26

**Ballet I Ages 5-8**  
**Tuesdays** **3:45-4:30pm**

9/5-9/26 4010.509  
 10/3-10/24 4010.510  
 11/7-11/28 4010.511  
 12/5-1/9\* 4010.512  
 1/16-2/6 4010.601  
 2/13-3/6 4010.602

\*No Class: 10/31, 12/19, 12/26

# Facility Rentals



*Whether hosting a wedding reception, conference, or family reunion, the City of Rocklin offers a variety of rental facilities to suit your recreation or business needs.*



**Main Hall seating capacity: 320 Banquet**  
**Sunset Room seating capacity: 96 Banquet**

## Sunset Center

2650 Sunset Boulevard



The Sunset Center is an ideal location for conferences, weddings, receptions, corporate meetings, and other community functions. This facility has a main hall, Sunset Room (large meeting room), large kitchen, six meeting rooms, stage & ample parking.

## Finnish Temperance Hall

4090 Rocklin Road

This is a California Point of Historical Interest building. This historic building has been fully restored to preserve the charm of old-time Rocklin. The 2250 square-foot hall has beveled and stained glass windows, an adjoining kitchen, and ample parking.



**Seating capacity: 144 Banquet**



**Seating capacity: 178 Banquet**

## Rocklin Community Center

5480 Fifth Street

This one-story, brick building is back dropped against the beautiful 132-acre Johnson-Springview Community Park.

The Community Center has a large reception hall and an adjoining kitchen. The Community Center is located adjacent to the Picnic Pavilion.

## Johnson-Springview Park Picnic Pavilion

5480 Fifth Street

The Johnson-Springview Picnic Pavilion is surrounded by magnificent oak trees and 132 acres of open space. The Picnic Pavilion has 6 barbecues and 33 picnic tables and can seat up to 330 people for your company barbecue or family reunion. The park is equipped with rest rooms.



**3 Units (rented separately):**  
**Each with 2 BBQ's and 11 tables**

# Facility Rentals

**LOOK NO FURTHER! Find the right rental facility here!**

*Ideal for all your business and special occasion needs.*

*Return completed form to the City of Rocklin Sunset Center,  
2650 Sunset Blvd., Rocklin, CA 95677 and we will respond as soon as possible!*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Best Time to Call (Between 9:00am-4:30pm) \_\_\_\_\_

Email Address \_\_\_\_\_

Function: \_\_\_\_\_

Date interested in renting (mm/dd/yy): \_\_\_\_\_

# of People Attending: \_\_\_\_\_

Comments: \_\_\_\_\_

**For Rental Pricing Information, Please Call the City of Rocklin,  
CS&F Dept., Recreation Facilities Unit at (916) 625-5227, 9:00am-4:30pm**

## Facilities

### Sunset Center Main Hall

2650 Sunset Blvd., Rocklin  
775 Assembly/320 Banquet

### Sunset Center Sunset Room

2650 Sunset Blvd., Rocklin  
288 Assembly/96 Banquet

### Sunset Center Classrooms

2650 Sunset Blvd., Rocklin  
36-90 Assembly/32-84 Banquet

### Community Center Main Hall

5480 Fifth Street, Rocklin  
381 Assembly/178 Banquet

### Community Center Meeting Room

5480 Fifth Street, Rocklin  
35 Assembly/16 Banquet

### Finnish Temperance Hall

4090 Rocklin Road, Rocklin  
309 Assembly/144 Banquet

### Johnson-Springview Park Picnic Pavilion

5480 Fifth Street, Rocklin  
Unit #1 Seats 110  
Unit #2 Seats 110  
Unit #3 Seats 110

**Please check which facility you are interested in (capacities listed above):**

☐ Sunset Center Main Hall

☐ Sunset Center Sunset Room

☐ Sunset Center Classroom # \_\_\_\_\_  
Capacity Needed: \_\_\_\_\_

☐ Community Center

☐ Community Center Meeting Room

☐ Finnish Temperance Hall

☐ Johnson-Springview Park Picnic Pavilion





# Kids Junction

## Grades K-6: 2006-07 School Year Program



*The City of Rocklin Kids Junction program is a state-licensed, self-supporting before and after school recreation program, which provides supervised activities for children in grades K-6. Daily activities may include: games, arts and crafts, sports, snack, homework time, and fun play. Our program is designed to promote the physical, mental and emotional health of school-aged children. Rocklin Community Services sponsors this program.*

### PROGRAM SCHEDULE

**Program dates:** August 22, 2006 - June 7, 2007  
**Open registration:** This is an ongoing program and is open for registration until the site is full.  
**Daily hours:** Monday - Friday from 7:00am until school begins and from school release time until 6:00pm.

**We observe the same holiday schedule as the Rocklin Unified School District.**

#### Grades 1-6 Fees

Before & After School (grades 1-6) .....\$21 per day  
 Before School Only (grades 1-6) .....\$10 per day  
 After School Only (grades 1-6).....\$16 per day  
 Registration Fee (non-refundable).....\$75 per child  
 Non-resident fees .....add 25%

#### Kindergarten Fees

Kinder Before & After School.....\$28 per day  
 AM Kinder Before School.....\$5 per day  
 PM Kinder Before School.....\$16 per day  
 AM Kinder After School.....\$24 per day  
 PM Kinder After School.....\$15 per day  
 Registration Fee (non-refundable).....\$75 per child  
 Non-resident fees .....add 25%

### LOCATIONS

<b>Antelope Creek School</b> 6185 Springview Drive	625-5257
<b>Breen School</b> 2751 Breen Drive	625-5256
<b>Cobblestone School</b> 5740 Cobblestone Street	625-5250
<b>Parker Whitney School</b> 5145 Topaz Avenue	625-5251
<b>Rock Creek School</b> 2140 Collet Quarry Road	625-5266
<b>Rocklin School</b> 5025 Meyers Street	625-5258
<b>Ruhkala School</b> 6530 Turnstone Way	625-5243
<b>Sierra School</b> 6811 Camborne Way	625-5253
<b>Twin Oaks School</b> 2835 Club Drive	625-5252
<b>Valley View School</b> 3000 Crest Drive	435-3571

### BILLING

Tuition will be billed monthly and calculated according to the schedule your child is registered, based on the daily fees listed above. Billing statements will be issued by the 5th of each month, due and payable by the 15th.

### Fall Camp

**Dates:** November 20, 21 22  
**Price:** \$96 for three days  
**Sites:** Sierra, Parker Whitney, Rock Creek and Breen

### Winter Camp

**Dates:** Week 1, Dec. 26-29  
**Dates:** Week 2, January 2-5  
**Price:** \$120 for 4 days  
**Sites:** Valley View, Parker Whitney, Cobblestone, Ruhkala

### Spring Camp

**Dates:** April 2-9  
**Price:** \$180 for 6 days  
**Sites:** Antelope Creek, Rocklin, Twin Oaks, Ruhkala

*For more information, please call (916) 625-5200*

# Preschool



## Preschool

In Partnership with...



Under the direction of credentialed teacher Michele Young and coordinators Penny Bundy and Katherine Magoffin, the preschool program is designed to prepare your child for entrance into school. The program emphasizes group learning in a positive environment.

Activities include math, science, art, music, language development, socialization, and monthly field trips.

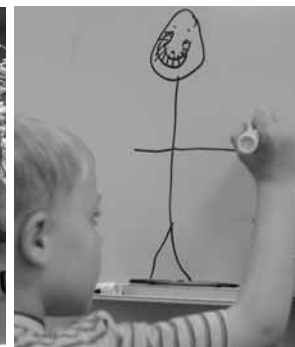
### Fees

Rocklin residents: \$15.50 for three hours per day, pre-paid monthly. Non-residents: \$18.50 for three hours per day, pre-paid monthly. **No credit for missed classes due to illness, vacation, etc. Participants in all City of Rocklin Preschool programs must be toilet-trained. A \$75.00 registration fee (non-refundable) is charged at the time of registration. Tuition is paid on a monthly basis. All fees are subject to change.**

## 2006/2007 Registration

Registration is now open and will be ongoing throughout the year (on a space available basis).

Items required to register your child: completed, signed registration form, Ethnicity form, Parent Agreement form, along with a copy of child's birth certificate, immunization records, parent's proof of auto insurance, and program and registration fee. *There are vacancies that occur throughout the year. If you have questions regarding the Preschool program, call Penny Bundy at (916)632-4164.*



<b>The City of Rocklin Preschool I: 632-4119</b> 3rd Street Recreation Center 5540 3rd Street, Rocklin <i>August 21, 2006, through June 8, 2007</i>	Birthdate	Class	Days	Times
	6/3/03-12/2/03	Three School	T/Th	8:30-11:30 am
	12/3/02-6/2/03	Kids School	T/Th	12:00-3:00 pm
	6/3/02-12/2/02	Kinderschool	M/W/F	8:30-11:30 am
<b>The City of Rocklin Preschool II: 632-5029</b> 5th Street Recreation Center 5484 5th Street, Rocklin <i>August 21, 2006, through June 8, 2007</i>	12/3/01-6/2/02	Prep School	M/W/F	12:00-3:00 pm
	Birthdate	Class	Days	Times
	6/3/03-12/2/03	Alphabet Class	T/Th	8:30-11:30 am
	12/3/02-6/2/03	Readiness Class	T/Th	12:00-3:00 pm
<b>The City of Rocklin Preschool III: 625-5265</b> Rock Creek Elementary School 2140 Collet Quarry Dr., Rocklin <i>August 21, 2006, through June 8, 2007</i>	6/3/02-12/2/02	Enrichment Class	M/W/F	8:30-11:30 am
	12/3/00-6/2/02	Pre K Class	M/W/F	12:00-3:00 pm
	Birthdate	Class	Days	Times
	6/3/03-12/2/03	Voyager Class	T/Th	8:30-11:30 am
<b>The City of Rocklin Preschool IV: 625-5244</b> Ruhkala Elementary School 6530 Turnstone Way, Rocklin <i>August 21, 2006, through June 8, 2007</i>	12/3/02-6/2/03	Explorer Class	T/Th	12:00-3:00 pm
	6/3/02-12/2/02	Discovery Class	M/W/F	8:30-11:30 am
	12/3/01-6/2/02	Odyssey Class	M/W/F	12:00-3:00 pm
	Birthdate	Class	Days	Times
	6/3/03-12/2/03	Safari Class	T/Th	8:30-11:30 am
	12/3/02-6/2/03	Frontier Class	T/Th	12:00-3:00 pm
	6/3/02-12/2/02	Pioneer Class	M/W/F	8:30-11:30 am
	12/3/01-6/2/02	Journey Class	M/W/F	12:00-3:00 pm

# Parks

## Sports Picnic Packages

### Grande Picnic Package

*\$50/\$40 Resident Discount*

- 1 grass volleyball net
- 1 soccer ball
- 1 volleyball
- 2 flying discs
- 8 horseshoes
- 2 frisbee discs

### Mini Picnic Package

*\$35/\$30 Resident Discount*

- 1 volleyball
- 2 flying discs
- 4 horseshoes
- 2 frisbee discs
- 1 soccer ball

For more information call 625-5200.

## City Offices

- 7** City Hall
- 8** Administration Building
- 9** Corporation Yard
- 10** Fire Station I
- 11** Fire Station II
- 12** Fire Station III
- 13** Police Administration

## Rocklin Unified School District

- 42** District Office  
2615 Sierra Meadows Drive  
(916) 624-2428
- 43** Rocklin High School
- 44** Granite Oaks Middle School
- 45** Spring View Middle School
- 46** Antelope Creek Elementary
- 47** Breen Elementary
- 48** Cobblestone Elementary
- 49** Parker Whitney Elementary
- 50** Rock Creek Elementary
- 51** Rocklin Elementary
- 52** Sierra Elementary
- 53** Twin Oaks Elementary
- 54** Valley View Elementary
- 55** Whitney High School
- 56** Ruhkala Elementary

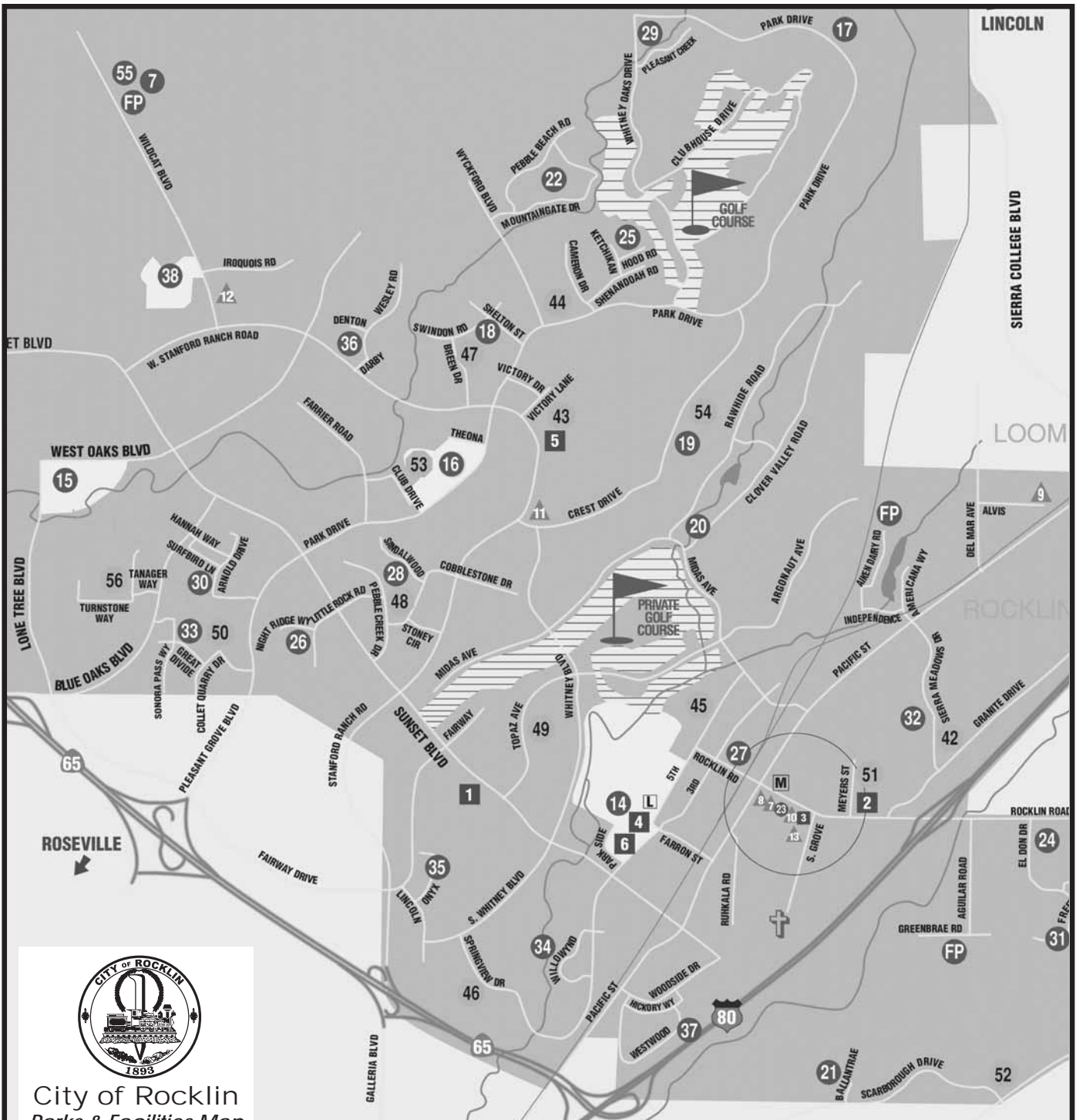
## Recreation Facilities

- 1** Rocklin Sunset Center  
(Main Recreation Office)  
2650 Sunset Boulevard
- 2** Clarke Dominguez Gym  
5035 Meyers Street
- 3** Finnish Temperance Hall  
4090 Rocklin Road
- 4** Johnson-Springview Park  
Picnic Pavilion  
5480 5th Street
- 5** Rocklin Aquatic Complex  
5301 Victory Lane
- 6** Rocklin Community Center  
5480 5th Street
- 7** Whitney Aquatic Complex  
701 Wildcat Blvd.

## Rocklin City Parks

	Barbecues	Basketball Court	Baseball/Softball	Benches	Covered Picnic Area	Field (Open Turf)	Horseshoe Pits	Pathways	Picnic Table	Playground (School-aged)	Playground (Preschool-aged)	Restrooms	Roller Hockey Rink	Sand Volleyball	Skate Park	Tennis Courts
<b>14</b> Johnson-Springview	•	•	•	•	•	•	•	•	•	•		•	•	•	•	•
<b>15</b> Lone Tree			•			•		•				•				
<b>16</b> Twin Oaks			•	•		•		•	•	•		•				
<b>17</b> Boulder Ridge	•	•		•	•	•	•	•	•	•	•					
<b>18</b> Breen	•			•		•		•	•	•	•					
<b>19</b> Clarke Dominguez	•	•		•		•	•	•	•	•	•					
<b>20</b> Clover Valley	•			•				•	•	•						
<b>21</b> Joe Hernandez	•	•		•	•	•		•	•	•	•					
<b>22</b> Mansion Oaks				•		•		•	•	•	•					
<b>23</b> Memorial	•			•			•		•		•	•				
<b>24</b> Monte Verde	•			•		•			•		•					
<b>25</b> Monument	•			•	•	•		•	•	•	•					
<b>26</b> Night Ridge	•	•		•		•		•	•	•	•					
<b>27</b> Old Timers									•							
<b>28</b> Pebble Creek	•			•		•		•	•	•						
<b>29</b> Pleasant Valley Creek	•	•		•		•			•	•	•	•				
<b>30</b> Ruhkala	•	•		•		•		•	•	•	•			•		
<b>31</b> Sasaki	•	•		•	•	•			•		•					
<b>32</b> Sierra Meadows	•	•		•		•		•	•	•	•					
<b>33</b> Sonora	•	•		•	•	•		•	•	•	•					
<b>34</b> Sunset East	•	•		•				•	•	•						
<b>35</b> Vista Grande	•	•		•		•		•	•	•						
<b>36</b> Wesley	•	•		•	•	•		•	•	•	•					
<b>37</b> Woodside	•	•		•				•	•	•	•					
<b>38</b> Margaret Azevedo			•	•		•		•	•		•	•				





## City of Rocklin Parks & Facilities Map

### Map Legend

- ▲ City Office
- City of Rocklin Park
- FP Future Park
- ⛳ Golf Course
- Recreation Facility
- School
- FS Future School
- ✝ Cemetery
- L Rocklin Library
- M Rocklin History Museum



# Registration Information

Registration for classes begins Monday, July 3, 2006

## Walk-In

### Sign up in person at:

The City of Rocklin  
Community Services —  
Recreation Office  
Sunset Center  
2650 Sunset Blvd

### Office Hours:

Monday - Friday  
8:00am - 4:30pm

## Mail-In

### Send to:

Class Registration  
Community Services —  
Recreation Department  
2650 Sunset Blvd  
Rocklin, CA 95677

Please enclose completed, signed registration form with check or money order, payable to: "City of Rocklin." **Send at least a week before start of class date. We service walk-ins first.** Call for registration confirmation.

## Drop It Off

After-hours registration may be dropped in the drive-up mail box near the marquee.

## Website

Program information can be found on our website:  
[www.rocklin.ca.us](http://www.rocklin.ca.us).

## Waiting List

Once a class is filled, a waiting list will be taken. You may call 625-5200 to be placed on a waiting list. Advance registration is required for all classes and special programs. Classes may be cancelled due to insufficient registration. *Every effort is made to ensure that the information printed in the Recreation Guide is accurate; however, please be aware that program dates, prices, or descriptions may change periodically. In the event of a program change, every effort will be made to notify registrants in a timely manner.*

## Registration Policies & Procedures

1. Program prices, dates, and times are subject to change.
2. In compliance with the Americans with Disabilities Act, the City of Rocklin encourages those with disabilities to participate in our programs. If you have special needs, please call us at 625-5200.
3. Registration is on a first-come, first-served basis.
4. Advance registration is required for all classes and special programs.
5. Lab (materials) fee may be included in class fee or paid to instructor at first class. Check specific class listing.
6. Class confirmation notices will **NOT** be sent. Mark your calendar and consider yourself enrolled unless otherwise notified.
7. No reduction of prices for late registration.
8. The City has established non-resident fees for recreation programs.
9. Enrollment for camps, trips, Kids Junction, Preschool, and sports leagues requires special registration forms and/or emergency/medical forms to be completed and signed.
10. Your check is your receipt unless a self-addressed, stamped envelope is enclosed.
11. Rocklin residents not paying by pre-printed Rocklin check may be required to confirm proof of residency to the satisfaction of the Park & Facilities Division.
12. The Department reserves the right to cancel any program.
13. Classes may be canceled due to insufficient registration numbers. Please make every effort to pre-register for courses.

### Refund Policy

Refunds are issued only if a class is cancelled by the Department, and when date, time, or location of class changes to prohibit attendance. Allow up to 30 business days for processing. Refund requests must be in writing. Forms are available in the Community Services-Recreation Office. All requests are subject to approval. Request forms must be submitted at least three days prior to class start date. No other refunds, credits, or transfers will be made except under special circumstances.

Registration forms for Adult Sports Programs, Youth Sports Programs, Aquatics, and Recreational Classes can be printed off of the City of Rocklin website: [www.rocklin.ca.us](http://www.rocklin.ca.us)

# Registration Form

## Class registration begins Monday, July 3, 2006

Participant or legal guardian must complete the form in its entirety prior to the first class meeting.

Please make checks payable to the "City of Rocklin" and submit form with payment to:  
Rocklin Community Services, 2650 Sunset Blvd., Rocklin, CA 95677

Participant's **LAST NAME**: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

Email Address \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Phone \_\_\_\_\_

Participant(s) First Name (s)	DOB	Class Name	Registration Code	Price	Office

**\*Class Confirmation notices will NOT BE SENT. Consider yourself registered unless otherwise notified.**

### Refund Policies

Refunds are issued only if a class is cancelled by the Department, and when date, time, or location of class changes to prohibit attendance. Allow up to 30 business days for processing. Refund requests must be in writing. Forms are available in the Community Services-Recreation Office.

All requests are subject to approval. Request forms must be submitted at least three days prior to class start date. No other refunds, credits, or transfers will be made except under special circumstances.

### Release & Indemnity

In consideration for being permitted by the City of Rocklin to participate in the above activity(ies), I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I or my child (if participating) may have, or which hereafter accrue to me, or my child, against the city as a result of my or my child's participation in the activity(ies). This release is intended to discharge the city, its officers, officials, employees and volunteers, and any other involved public agencies from and against any and all liability arising out of or connected in any way with my or my child's participation in the activity(ies), even though that liability may arise out of the negligence or carelessness on the part of the persons or public agencies mentioned above. I further understand that accidents and injuries can arise out of the activity(ies); knowing the risks, nevertheless, I hereby agree to assume those risks and to release and to hold harmless all of the persons or agencies mentioned above who (through negligence or carelessness) might otherwise be liable to me, or my child (or my or my child's heirs or assigns) for damages. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my and my child's heirs and assigns. In addition, I agree to indemnify and hold harmless city and its officers, officials, employees and volunteers from and against all claims, damages, losses and expenses including attorney fees arising out of my or my child's participation in the activity(ies) described above, caused in whole or in part by my or my child's negligent act, except where caused by the active negligence, sole negligence, or willful misconduct of the city.

**I HAVE CAREFULLY READ THE ABOVE RELEASE & INDEMNITY AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND AGREEMENT TO INDEMNIFY THE CITY AND I SIGN IT OF MY OWN FREE WILL.**

Signature of Participant (if under 18, Parent or Guardian) \_\_\_\_\_

Date \_\_\_\_\_ Name (Please Print) \_\_\_\_\_

### Photograph Release

I hereby grant to the City of Rocklin the absolute and irrevocable right and permission to use, reuse, and publish all pictures of me or my child taken in the course of City of Rocklin business. I fully understand that I hold no control over the use of the photograph(s) of which I or my child is a part. Further, I grant to the City of Rocklin, and those who the city may represent, the right to use my name or my child's name. I hereby release the City of Rocklin from any and all claims and demands arising out of, or in connection with, the use of the photograph(s), including any claims of libel. This authorization and release shall also apply to those working with, or in connection with, the City of Rocklin, as well as the person(s) who took the photograph(s). **I have fully read the foregoing and completely understand the contents.**

Signature of Participant (if under 18, Parent or Guardian) \_\_\_\_\_

Date \_\_\_\_\_ Name (Please Print) \_\_\_\_\_

Amount: \_\_\_\_\_ Rect # \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_ By \_\_\_\_\_

Amount: \_\_\_\_\_ Rect # \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_ By \_\_\_\_\_

Amount: \_\_\_\_\_ Rect # \_\_\_\_\_ Check # \_\_\_\_\_ Date \_\_\_\_\_ By \_\_\_\_\_



# WE WANT TO KNOW

Join Rocklin Recreation Email list ☐ yes ☐ no

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

Age Range? ☐ 20 and under ☐ 21-40 ☐ 41-55 ☐ 56 and over

**What age groups live in your household?**

☐ 0 to 5 years ☐ 6 to 11 years ☐ 12 to 17 years ☐ 18 to 21 years ☐ 22 to 49 years ☐ 50+

**Check areas of interest that you would like to receive email updates, specials and information on:**

(Check all that apply)

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> AQUATICS                         | <input type="checkbox"/> SENIOR PROGRAMS             | <input type="checkbox"/> SPORTS AND FITNESS - YOUTH |
| <input type="checkbox"/> BEFORE AND AFTER SCHOOL PROGRAMS | <input type="checkbox"/> SPECIAL EVENTS              | <input type="checkbox"/> TEEN PROGRAMS              |
| <input type="checkbox"/> EDUCATIONAL PROGRAMS-CLASSES     | <input type="checkbox"/> SPORTS AND FITNESS - ADULT  | <input type="checkbox"/> THEATRE & ARTS             |
| <input type="checkbox"/> RENTAL FACILITIES                | <input type="checkbox"/> SPORTS AND FITNESS - FAMILY |   |

Recreation programs would you like added? \_\_\_\_\_

**If you or your child participates in recreation programs are the programs generally...**

- ☐ Excellent  
☐ Good  
☐ Average  
☐ Poor

What Program(s): \_\_\_\_\_

**How would you rate the cost of the activity or facility?**

- ☐ Excellent  
☐ Good  
☐ Average  
☐ Poor

**How do you register?**

- ☐ Walk-in  
☐ Mail-in  
☐ Drop-off

**What is your overall opinion of City of Rocklin recreation programs and facilities?**

- ☐ Excellent  
☐ Good  
☐ Average  
☐ Poor

**Was the staff helpful/courteous?**

- ☐ All the time  
☐ Most of the time  
☐ Seldom  
☐ Never

**How did you hear about the activity/resource?**

- ☐ Recreation guide  
☐ Website  
☐ Newspaper  
☐ Friend/Family  
☐ Other

**Do you plan to register for future City of Rocklin recreation activities?**

- ☐ Yes  
☐ No

**Would you like to offer any comments or a testimonial?**

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**Can we publish your comments/testimonial?**

- ☐ Yes ☐ No



# Senior Membership Programs

## Sunset Senior Membership Program



The Sunset Senior Membership program is a great opportunity for Senior Citizens to meet other people, socialize, and stay active. Membership programs are listed below and are available to adults 50 and older.

### Sunset Seniors

To become a member of Sunset Seniors simply purchase a membership card at the Sunset Center office. Memberships are renewed annually and are good from January 1 – December 31, 2006. Membership fees help to supplement costs of program supplies. Fees will not be prorated for participants who choose to join mid-year.

Those observing a program will be allowed three free admittances. Continued participation will require the purchase of a membership card.

### Membership card entitles the user to:

- On-going programs (as listed below)
- Discount on City of Rocklin Theatre Season Tickets
- One free pass to Aqua Exercise or Lap Swim

### Membership Fees:

\$30/\$20 *Resident Discount*, Code: 3150.401



### Visit our new website:

- City News
- Virtual Tours
- Online guides for:  
Business  
City Services  
New residents  
Visitors

*You'll find helpful information for everyday life in Rocklin. See page 32 for more details.*

## Friday FUN!

### Blockbuster Video Day

**Each Friday 1:00-3:00pm  
Room 103**

Come with your friends to enjoy a free afternoon movie, compliments of Blockbuster Video. Movie selections are advertised in the monthly senior calendar.

Free popcorn and soda! See you there! Movie-goers are surveyed to choose future showings.

## Membership Programs

PROGRAM	DAY	TIME	CONTACT PERSON
Pinocle	Wednesdays	10am-4pm	Lou Drop In
Video Day	Fridays	1-3pm	City Staff 625-5223
Walking Club	Tuesdays	8:30-11:00am	City Staff 625-5223

### BRIDGE GAMES:

Bridge	Saturdays	10am-2pm	Celie 315-3747
Couple's Bridge	4 <sup>th</sup> Tuesday of Month	6:30-9:30pm	Les S. 624-2065
Couple's Bridge	3 <sup>rd</sup> Thursday of Month	6:30-9:30pm	Les O. 652-0090
Duplicate Bridge	Mondays	9am – 1:30pm	Sylvia 624-2364
Duplicate Bridge	Thursdays	12 – 3:30pm	Gerry 652-4343
Men's Bridge	1 <sup>st</sup> Thurs. of Month	6:30 – 9:30pm	Ned 797-3021
Women's Bridge	1 <sup>st</sup> Monday of Month	9:30am – 1:30pm	Jan 315-0204

## Get out of town for fun and relaxation!

*The City of Rocklin and All West Tours are teaming up to offer trips to traditional spots and dazzling sites. Travelers will be picked up/dropped off at the Rocklin Sunset Center. All West will provide a tour guide to help with logistics and travel tips.*

### 2006 Upcoming Trips

July 22	"The Razzle Dazzle Show"	Rohnert Park	3102.607
July 26	Touring Treasure Island	Bay Area	3102.617
Aug 23	San Francisco Giant's Game	AT&T Park	3102.608
Sept 19-20	Santa Cruz Follies/Monterey Bay Aquarium		3102.609
Dec. 30 - Jan. 2	Rose Parade	Pasadena	3102.612

**Call 625-5223 to get more information, or be placed on a mailing list.**

# Senior Programs

## Stretch & Fitness

**Ages 50+**

Stay in shape without the strenuous impact of aerobics. This class offers strength building, toning, and increased flexibility. It combines warm up, easy stretches, non-aerobic movement, floor exercises, and quiet cool down for a fun and relaxing workout every mature adult body needs. Class meets on Mondays, Wednesdays and Fridays for a full health regimen.

**Location:** Sunset Center,  
Sunset Room

**Instructor:** Sue Inman  
**Mon/Wed/Fri** 11:00am-noon  
**\$32/\$30 Resident Discount**

7/28-8/18	3110.507
9/6-10/2	3110.609
10/4-11/1	3110.610
11/3-12/4	3110.611
12/4-12/15	3110.612
1/3-1/31	3110.701
2/2-3/2	3110.702

*No class: 10/30, 11/24, 1/15*

\*Moved to Room 107 on 12/8



## Tai Chi/Chi Kung

**Ages 18+**

Discover why millions of people enjoy Tai Chi and Chi Kung, a series of slow movements combined with deep breathing as a way to heal the body, focus the mind, and center the spirit. Exercises are easy to learn. Wear loose clothing, comfortable shoes and bring water.

**Location:** Sunset Center  
Sunset Room  
**Instructor:** Spero Asimos  
**Mondays** 8:30am-9:30am  
**\$55/\$50 Resident Disc.**

7/17-8/21	3112.507
8/28-10/9	3112.508
10/16-12/4	3112.610
12/11-2/5	3112.612
2/12-3/26	3112.702

*No class: 10/30, 11/20, 12/25, 1/1, 1/15*

## Bridge Instruction

*Beginning or Intermediate*

Players interested in Bridge instruction are asked to call (916) 625-5223 to be placed on an interest list for a class or workshop.

## AARP Driver Safety Class

**Ages 50+**

This AARP Refresher Course, for drivers 50+ years, emphasizes SAFETY. Learn how aging changes your driving skills. Learn to assess your own skills and compensate for normal as well as hazardous driving situations and emergencies. Receive a DMV Certificate for reduction in your insurance premium.

*A \$10 check to AARP is paid to instructor at first class. Please arrive on time. Call 625-5223 to register over the phone.*

**Location:** Sunset Center  
Room 103  
**Instructor:** AARP staff  
**Mon/Tues** 8:30am-12:30pm

9/11-12	3114.609
10/2-3	3114.610
12/4-5	3114.612
2/5-6	3114.702

## Ballroom Dances

### An Elegant Evening Out

Friday, August 11

*"The Bill Rase Band"*

7:00-10:00 at Finn Hall

\$8 per person

\$15 per couple

Enjoy an evening of dancing. Finger food

provided. Enjoy Couples

Dancing on a fabulous floor!

## Country Western Line Dance

*Featuring Lessons & Music by Wild Horses*



**Wild Horses**

*Leather Soled Shoes Only!  
All ages welcome if  
accompanied by an Adult!*

**Clark Dominguez Gym**

**7:30-10:00pm • \$6 per person**

**First Friday of the month:**

*(Except when the first Friday is a Holiday Weekend)*

<b>July 7</b>	<b>Sept. 8</b>	<b>Nov. 8</b>	<b>January 5</b>
<b>August 4</b>	<b>Oct. 6</b>	<b>Dec. 1</b>	<b>February 2</b>

## Lifeline Screening

*Health screenings can help you to avoid a stroke in just 10 minutes.*

The tests offered in this one-day screening can quickly detect arterial abnormalities, which can cause disrupted blood flow.

- Screens include:
- Stroke
- Carotid Artery
- Abdominal Aortic Aneurysm
- Plaque buildup
- Peripheral Arterial Disease

*Attend one of the informational workshops to find out more about this fast, accurate, and affordable ultrasound.*

**Thursday, August 3**  
Sunset Center, Main Hall  
9:00am-3:00pm

## Take a Tour of our New Website!

[www.rocklin.ca.us](http://www.rocklin.ca.us)

**Find More!**

**Find It Fast!**

- New Email List
- Improved Navigation
- More Choices
- More Features

**Join our new Email list.**  
**Sign up to receive the latest updates, special offers and more.**  
**See page 32.**

## Senior Programs

### Senior Nutrition Senior Café

The Senior Cafe, a branch of Senior Independent Services, holds a daily lunch program at the Rolling Oaks Apartments, a senior complex located at 5725 Shannon Bay Drive, Monday through Friday from 8:30am - 12:30pm. Lunch is served daily at 11:30am. Suggested donation: \$2.50 for those age 60+; \$5.00 for those under 60 years old, unless accompanied by an age-qualified spouse.

**Reservations must be made by 12:30pm the day before.** To make a reservation, please call Ann Oliver at the Senior Cafe at 622-1295, or call the main office at (530) 888-7137.

***SPECIAL ACTIVITIES:** Tuesday Pinochle, Bingo, music, and more!  
Call Ann to find out what fun events are scheduled for the week.*



## FLU SHOTS

Placer County Health Services will be at Rocklin Sunset Center giving flu vaccinations. There will be a small fee of \$10-15.

**If you have questions, call the Flu Hotline at 530-889-7161.**

**Tuesday, November 21, 2006**  
**9:00 – 11:30 am**  
Main Hall of Rocklin Sunset Center

### Peer Counseling Age 55+

Join in on discussions with a County Certified Peer Counselor in this free weekly support group. Talk about things that affect the daily lives of seniors like yourself. Discuss mental health issues such as attitudes on life, grief, problems, debilitating illness, loss of eyesight, and other pertinent topics.

*Call (530) 886-3533 or (530) 889-7240 for an appointment or more information.*

**Location:** Sunset Center  
Room 105

**Instructor:** TBA

**Price:** Free

**Tuesdays** 1:30-3:00pm

### Osher Lifelong Learning Institute

***Make lifelong learning a personal goal.*** The City of Rocklin is pleased to host tuition-free, non-credit, 4-week classes for seniors at the Sunset Center in conjunction with Sierra College.

Call (916)781-6290 to receive a schedule of classes, or visit the web at [www.sierracollege.edu](http://www.sierracollege.edu). Guides may be picked up from the Sunset Center.

**Adult Dance & Fitness Classes,**  
**See Pages 4-5**

This is a **FREE** Event!

## Special Events

### CITY OF ROCKLIN @Evening-in-the-Park 2006

Summer Concert Series  
sponsored by:



### Held in Johnson-Springview Park

5480 Fifth Street. *Bring your blanket or your chairs.*  
*Dinner available for purchase from local restaurants.*

Friday, July 21 • 7:00-9:00pm

#### Andy Keane & Kinda Blue and The Danelectroz Band Concert-in-the-Park

A contemporary blues band with rock, funk, and swing influences, *Andy Keane and Kinda Blue* promises to keep you riveted during their entire performance.

You're likely to hear a sizzling guitar, a soulful harmonica, an impassioned vocal, or a jazzy instrumental throughout the evening. This dynamic, professional group is one of the premiere Sacramento area blues bands. They have a combined 100 years of perfecting their musical craft!

*The Danelectroz Band's* 5 seasoned members come together from 3 blues bands: Blues Control, Mere Mortals and Stonehouse Blues Band.



Their experience includes the Sacramento Jazz Jubilee and various Blues Society's shows. The Danelectroz Band prides itself in providing great music from the classic rock genre, heavily influenced by their collective blues backgrounds. They provide an exciting and recognizable mix of southern rock, blues and classic rock tunes that are enjoyable to all ages.

Friday, Aug. 4 • 7:00-9:00pm

#### Knucklehead

Concert-in-the-Park and Rocklin Area  
Chamber of Commerce will host a business  
showcase in the park.

Join *Knucklehead* for an evening of fun loving original music for your toe tapping and danc-

ing pleasure. They are an established group of talented musicians playing an eclectic mix of rock, pop and country with a little bit of funk thrown in for flavor!



Friday, Aug. 18 • 7:00-9:00pm

#### The Rick Donaldson Blues Band Concert-in-the-Park and Movie Night

By covering the best of American and British-invasion blues from Fleetwood Mac, the Yardbirds, Cream, and other great artists, *The Rick Donaldson Blues Band* has introduced a new and exciting sound to the Northern California music scene. Based in Sacramento, this band is made up of 3 very talented vocal and instrumental members. They have taken their love of high energy blues, rock, and R&B to mold a fresh and powerful style that captures a wide spectrum of dance and concert audiences.



A "G" Rated Family movie\* will be shown on the Community Stage following the concert.

\*Movie to be announced

Try to hang on to your last shred of sanity as you wander through the

A COSTUME  
CONTEST  
WILL BE HELD,  
SO COME  
DRESSED UP!

## HAUNTED HALL!

October 25, 2006, 7:00-9:30 pm

Sunset Center, 2650 Sunset Blvd.

For 7th & 8th Grades

The human mind is a frightening and fascinating web of unnatural and horrific atrocities. Wander through the Haunted Halls of the Sunset Center; through a maze of human and supernatural horrors. Each room brings new terrors!

Admission is \$6. Haunted Halls and Frightful Friday Dance are joint activities.

\$6 admission price is for both events. Tickets will only be sold at teen sites. Check with the teen sites and Sunset Center for more information.

This event is brought to you in an effort to provide a safe and fun Halloween activity. Production assistance is provided by community volunteers. If you are interested in being a volunteer for the 2006 Haunted Halls, please contact the City of Rocklin Recreation Staff at (916) 625-5200.

**\$6 admits you to Haunted Halls and Frightful Friday Dance**

(7:00-9:30pm) Hosted by Teen Station Xtreme at the Sunset Center.

Tickets will be sold on the campuses of Granite Oaks and Spring View middle schools the week of October 23rd. No tickets will be sold at the door.

## Autumn Art Tour

November 10-12, 2006

Finn Hall is one of the many stops along the Placer County Autumn Art Tour. Visit Finn Hall, located at 4090 Rocklin Road, between the hours of 11:00am-7:00pm on Friday, Saturday and Sunday, November 10-12 to view a presentation of Rocklin artists' current works.

**Tour maps will be sold at the Sunset Center**

2650 Sunset Blvd., Monday - Friday from 8:00am-4:30pm, beginning September 18, and at the door during the Tour.

**Proceeds support art programs in Placer County.**



*Special Events are made possible by the generous sponsorships from local businesses.*



One Place, So Many Possibilities.

WHITNEY RANCH™

## Children's Trick-or-Treat Faire



**Tuesday,  
October 31, 2006  
4:30-7:00pm**

Sunset Center, 2650 Sunset Blvd.

**In Partnership with City of  
Rocklin Preschool**

**ADMISSION IS FREE** For elementary school-aged children and younger, accompanied by an adult.

The City of Rocklin Community Services Department is offering a safe alternative to Trick-or-Treating this year at the City of Rocklin Sunset Center. Local businesses will sponsor prizes, games and treat bags for trick-or-treating down Trick-or-Treat Street.

*Children are encouraged to dress in costume for this free event that is geared for elementary aged children and younger.* There will be prizes awarded to the best costume. The Rocklin Fire Department will show off its fire trucks and the Rocklin Police Department will be present.

The Rocklin Community Services Department is seeking local businesses and organizations that are interested in entering the Scarecrow Contest and sponsoring this FREE event. *For more information about this event, contact the Community Services Department at 625-5200.*

# Toast of the Town

**Saturday,  
November 4, 2006**

*at the Rocklin Sunset Center,  
2650 Sunset Blvd.*

**4:00-8:00 pm : \$40.00 per person**

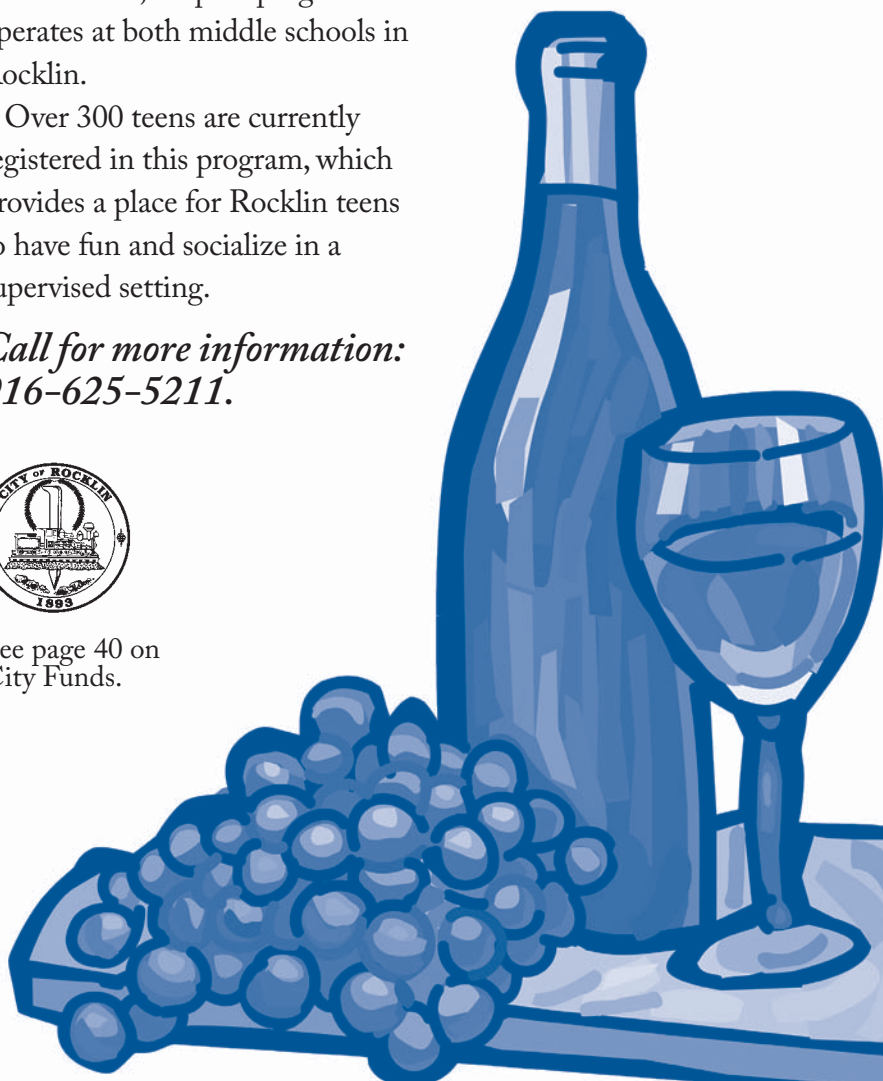
The proceeds from this program are directed to the City's Teen "Station Xtreme" Teen program. Station Xtreme is a weekday after school and summertime, drop-in program that operates at both middle schools in Rocklin.

Over 300 teens are currently registered in this program, which provides a place for Rocklin teens to have fun and socialize in a supervised setting.

**Call for more information:  
916-625-5211.**



See page 40 on  
City Funds.



# Special Events

## Santa Visits

**December 5&6 and 12-14**

*Register early. Santa is a popular guy! For more information, please call 625-5223.*

Invite Jolly Ol' St. Nick to visit your family at home through Rocklin Community Services' very special SANTA VISITS program. Santa will be making his rounds Dec. 5-6, and the following week December 12-14 from 6:30 - 8:40pm. Visit times will be determined by your location.

Santa will arrive at your house and visit for ten minutes, during which time he will hand out candy canes, pose for pictures, and ask children about their holiday wishes.

**No more than five children per household visit. Additional time slot is required for additional children.**

*Sign-ups will begin Monday, July 24. This program is for Rocklin residents only. The fee is \$30.*

Come in person to register at the City of Rocklin Community Services Office at 2650 Sunset Blvd. A special registration form requesting children's names & street directions is required with fee. To make the most of Santa's visit, digital photos may be purchased for \$5.

**Forms may be printed from our website at [www.rocklin.ca.us](http://www.rocklin.ca.us).**

## KIDZ Play *Ages birth-15+*

**Community Center      September 23      10:00am – 2:00pm**

**FREE!** Fun interactive activities with City of Rocklin Instructors. Play day for children and adults. Check the website for more detailed information, or call the Community Services Office at (916) 625-5200.

## Santa's Sing-a-Long

***You're Invited! It's Free!***

***Saturday, November 25***

***7:00-8:00pm***

***Finnish Temperance Hall***

***4090 Rocklin Road***

You're invited to the City of Rocklin's 15th Annual Christmas Tree Lighting Ceremony. Sing carols around an old-fashioned, decorated tree. Get a taste of the holiday spirit.

Join the Sierra Foothills Saxophone Quartet, and cast of "Scrooge, The Musical" with familiar holiday tunes. Refreshments will be served, and Santa will stop by with candy canes and good tidings from the City of Rocklin's Theatre & Arts program.

**Canned donations will be accepted for the Salvation Army.**

## Breakfast With Santa

**Saturday, December 9**

**Seatings at 7:30, 8:30, 10:00 & 11:00am**

**Rocklin Sunset Center, 2650 Sunset Blvd.**

*Spend the second Saturday in December with Santa Claus as the City of Rocklin Preschool hosts Breakfast with Santa.*



Families will have the opportunity to enjoy a holiday breakfast with Santa Claus. There will be four breakfast seatings: 7:30am, 8:30am, 10:00am & 11:00am. Each child will have a personal visit with Santa.

**Pre-sale tickets will go on sale at the Community Services Office at the Rocklin Sunset Center, 2650 Sunset Blvd, beginning Nov. 1, for \$5.00 per meal.**

**Remaining tickets will be sold at the door for \$6.00 each.**

Photos with Santa taken by a professional photographer, will be sold for \$5.00 each to save this special 2006 family holiday memory! The photos will be available on the same day as the event. Live entertainment will be provided.

**A Santa's workshop, where children can purchase holiday gifts priced between \$1.00-\$5.00, will be available.**

## Snowflake Art Show

**Viewing: February 10-11, 2007**

**11:00am-5:00pm**

**Artists' Reception**

**February 9, 7:00pm**

The **Snowflake Art Show** will be held at the Finnish Temperance Hall, 4090 Rocklin Road on Saturday and Sunday, February 10-11.

Opening reception will be held on Friday, February 9, beginning at 7:00pm at Finn Hall. An awards presentation will take place during the reception.

**Applications are available at the Rocklin Sunset Center and on our website: [www.rocklin.ca.us](http://www.rocklin.ca.us).**

***Deadline to submit art is Wednesday, February 7.***

***Last year we had over 100 very creative entries from local artists. Come and see for yourself!***



## Sports

# Sports & Fitness : Adults

## 2006 Rocklin Open Volleyball Tourney

**Twin Oaks Park:** The City of Rocklin is sponsoring the 16th Annual Rocklin Open Doubles Grass Volleyball Tournament. Format will include play in Open, A, B, & BB divisions for men's, women's, youth and reverse coed teams.

**For registration information, or to participate as an event sponsor, please call 625-5200. Tournament T-shirts are guaranteed to pre-registered participants only. Pre-register and receive a FREE T-shirt!**

Pre-registration and mail-in entries deadline: September 25  
\$20 one event/\$36 two events

Men's/Women's Tournament: September 30  
Reverse Coed Tournament: October 1  
After Deadline Cost: \$22 one event/\$40 two events

## Drop-In Sports

Get off the couch and join other basketball and volleyball enthusiasts at our drop-in gym programs this Fall!

**Dates:** 8/28 - 12/14  
**Basketball:** Mondays: 7:00-9:00 pm  
at Clarke Dominguez Gym  
**Volleyball:** Thursday: 7:00-9:00 pm  
at Clarke Dominguez Gym  
**Fee:** \$3.00 per person

Registration forms must be completed **PRIOR** to registration.

Registration packets are available at the Rocklin Community Services Office.  
Call 625-5200 for more information.

## Free Agent Program

For individuals who would like to play in any of our Adult Sports Leagues but do not have a team to play on, individual registration is allowed and encouraged. **No fees will be accepted at time of registration. Registration forms must be completed.**

### FALL ADULT SPORTS

Night/Division			Location	League Begins	Team Fees		Free Agents*
Indoor Volleyball Leagues							
Tues	Coed Sixes	C	Clarke Dominguez Gym	Week of September 10	Quads		\$35
Sun	Coed Sixes	D			\$90/\$80 <i>Resident Discount</i>		
Sun	Rev-Coed Quads	A			\$175/\$150 <i>Resident Discount</i>		
Adult Softball Leagues							
Sun	Coed	D	Azevedo Park	Week of September 10	\$445		\$55
Mon	Men's 40+	D			\$395 <i>Resident Discount</i>		
Tues	Men's	D					
Wed	Men's	D					
Thurs	Men's	D					
Basketball Leagues							
Thurs	Adult, 3 on 3	D	Local Gyms	Week of September 10	<b>3 on 3</b>	<b>5 on 5</b>	\$55
Sun	Adult, 5 on 5	D1& D2			\$250	\$425	
					\$200	\$375 <i>Resident Discount</i>	\$50 <i>Resident Discount</i>
Adult Fall Flag Football							
Sat	5 on 5	D	Local Fields	September 30	\$295		\$55
					\$275 <i>Resident Discount</i>		\$50 <i>Resident Discount</i>

### WINTER ADULT SPORTS

Night/Division			Location	League Begins	Team Fees		Free Agents*
Indoor Volleyball Leagues							
Sun	Rev-Coed Quads	A	Clarke Dominguez Gym	Week of January 14, 2007	Quads		\$35
Sun	Coed Sixes	D			\$90/ \$80 <i>Resident Discount</i>		\$30 <i>Resident Discount</i>
Tues	Coed Sixes	C			\$175/ \$150 <i>Resident Discount</i>		
Adult Basketball Leagues							
Thurs	Adult, 3 on 3	D	Local Gyms	Week of January 14, 2007	<b>3 on 3</b>	<b>5 on 5</b>	\$55
Sun	Adult, 5 on 5	D1 & D2			\$250	\$425	\$50 <i>Resident Discount</i>
					\$200	\$375 <i>Resident Discount</i>	

\*Free Agents Fees are due only if placed on a team.

# Sports & Fitness : Youth



The Rocklin Hot Shot Tot Sports program is for children the ages of 3 ½ - 5. Parent participation is needed for all classes. All classes focus on fun and are non-competitive. We introduce children to the basics of the sport and eventually progress to learning in a scrimmage game.

All athletes receive a Hot Shot Tot Sports T-shirt and certificate. Sessions are 4 days, once a week. Class size is limited to 12 students.

Sign up early! Please read the descriptions of each class below for more specific information.

See  
schedule  
at right for  
dates and  
times!

**Locations:** Johnson-Springview Park and local schools

**Prices:** \$45/ \$40 Resident Discount

**Instructor:** Christy Stauts

*Pick up your Hot Shot Tot Sports registration form at the Rocklin Sunset Center.*

## All Sport: Ages 3 ½ - 5

Not ready to commit to one sport? Try them all - soccer, t-ball, football, basketball and others! Basic skills and some scrimmage games will be played. The emphasis will be fun, fun, fun and more fun!

## Tot Sport Golf: Ages 4-6

Swing – Putt – Chip! You are never too young (or too old!) to play golf. Emphasis is on the basic swing, stance and grip. It is a parent participation program for young children who have never played golf. This class is based on the Start Smart Golf program and uses developmentally age appropriate equipment.

## Hoop's and T's: Ages 3 ½ - 5

Come out and try three fun sports during one class: Basketball, T-Ball and Golf. The basic fundamentals of each sport will be taught with the focus on having fun. Let your tot explore a variety of sports before choosing one!



## Hot Shot Sports

### Development: Ages 3 - 5

Learn the fundamentals of all sports! Based on the Start Smart Sports Development program, this class will prepare children for the world of organized sports. Parents work together with their children in a supportive environment to learn all the basic skills ... throwing, catching, kicking and batting. Each class will include several specific activities to teach sport skills and end with a fun group game.

### Soccer 1: Ages 3 ½ - 5

All you need to know is how to kick – we will teach you the rest! Basic soccer skills and terminology will be taught through fun games and drills. During the last class students will participate in a fun scrimmage game.

### Soccer 2: Ages 4-5

Ready to hit the field? Soccer 2 is great for children that know the basic fundamental skills of soccer (passing, trapping, dribbling and shooting) and are ready to play in a team atmosphere. This class will still include drills and fun games that reinforce the skills of soccer.

### T-Ball 1: Ages 3-5

Take me out to the ball game! Come out to the field and have fun learning the basics of T-Ball: hitting, catching, throwing and running the bases. We have all the equipment – come out and play with us.

## Basketball 1: Ages 3.5-5

Dribble, dribble, shoot and SCORE! Through fun games and drills, we will learn the basics of basketball: dribbling, passing, and shooting.

## Basketball 2: Ages 4-5

Dribble, dribble, shoot and score - MORE! Those children that have taken Basketball 1, or are familiar with the basic skills of basketball (dribbling, passing and shooting) are ready for basketball 2! We will be practicing the skills of basketball and spending more time in scrimmage games.

## Sticks, Bats & Balls: Ages 3-5

Perfect class for the active tot — floor hockey (2 weeks), basketball, and t-ball (indoor). Let your tot explore a variety of sports. Come out and play with us!

## Tot Soccer Plus : Ages 5-6

Missed the team soccer deadline or advanced through all the Hot Shot Tot Sports soccer classes? Does your child wish to continue practicing the skills and play more scrimmage games? Sign up now to play Tot Soccer Plus – this class will consist of the players working together on the field in drills, games, and soccer scrimmages.



# Sports & Fitness : Youth

## FALL 2006 SESSION

Session 1: 9/6-9/28

Session 2: 10/11-11/1

Session 3: 11/15-12/14

### Wednesdays

9:00-9:45 am	Sports Development	Golf 1	
4:15-5:00 pm	T-Ball 1	T-Ball 1	
5:15-6:00 pm	Soccer 1	Soccer 1	Sticks, Bats & Balls
6:15-7:00 pm	Soccer 2	Soccer 2	All-Sport

### Thursdays

9:00-9:45 am	T-Ball 1	Hoops & Tee's	
10:00-10:45 am	Soccer 2	Soccer 2	
5:15-6:00 pm	Soccer 1	Basketball 1	Golf
6:15-7:00 pm	Soccer 2	Hoops & Tee's	Basketball 1

## WINTER 2007 SESSION

Session 1: 1/9-2/1

Session 2: 2/13-3/8

### Tuesdays

5:15-6:00 pm		Sports Development
6:15-7:00 pm		Basketball 1

### Wednesdays

5:15-6:00 pm	Basketball 1	Sticks, Bat's & Balls
6:15-7:00 pm	Basketball 2	Basketball 2

### Thursdays

5:15-6:00 pm	Golf 1	All Sport
6:15-7:00 pm	Basketball 1	Basketball 2

## SPORTS ILLUSTRATED GOOD SPORTS PROGRAM

The City of Rocklin, in partnership with Dodge, the National Recreation and Park Association and Sports Illustrated has teamed up to launch the **Sports Illustrated GOOD SPORTS** program, a new initiative designed to spotlight quality youth sports across America.

**SI GOOD SPORTS** provides advice, action plans, resources and recognition for administrators, coaches and parents who want kids in their towns to get the most out of their youth sports experiences. **For more information, link to [www.sigoodsports.com](http://www.sigoodsports.com).**

*See Page 34 for Shooting Stars Basketball  
for 5 & 6 year olds*

## Holiday Sports Camp

**Ages 3 1/2 to 6**

*(Children from 3 1/2 to 4 1/2 will be paired with one coach and children 5 to 6 will be paired with the 2nd coach.)*

**12/18 - 12/23**

**9:00am-12noon**

*Maximum enrollment 16*

**Cost: \$100/\$95** *Resident Discount*

**Location: Clarke Dominguez  
Gymnasium**

Need something fun and exciting for your kids to do while you get ready for the holiday season? Bring them in for our awesome Holiday Sports Camp! Come spend 3 hours with us learning a variety of sports and get to work on some fun holiday crafts!!

So pack them a lunch and drop them off\* for hours of fun, fun, fun!!!

*\* Parents are not required to be present during camp hours, but must be able to pickup child at 12 noon.*

# Take a Tour of our New Website

[www.rocklin.ca.us](http://www.rocklin.ca.us)

Join Our Rocklin Recreation Email List!

- 🕒 New Email List
- 🕒 Improved navigation
- 🕒 More choices
- 🕒 More features
- 🕒 Newsroom Photo Gallery
- 🕒 Fast access to new information
- 🕒 Feedback forum (Tell us what you want)
- 🕒 Online Calendar
- 🕒 Online Recreation Guide
- 🕒 Testimonials (Learn what participants are saying)



## Rocklin Recreation Email List!

Sign up to receive Rocklin Recreation Emails today. You'll receive the latest updates on special offers and promotions. Be the first to hear about new programs, exclusive email offers, special events and more.

Sign up at [www.rocklin.ca.us](http://www.rocklin.ca.us) or see page 22.

# Sports & Fitness : Youth

## NEIGHBORHOOD AFTER SCHOOL SPORTS PROGRAM

NFL Flag Football and STR Basketball are part of our neighborhood afterschool sports programs offered at local school sites. Teams will be formed from participants living in the same neighborhood and practices will be scheduled one day a week between 2:30-7:00 pm for elementary age and 6:00-9:00 pm for middle and high school age. Schools with minimal enrollment may be combined with others to form teams.

The City of Rocklin recognizes the need to inspire changes in youth sports to make the experience safe, positive and fun for everyone involved and believes that "We create positive sports experiences, better sports for kids, better kids for life." Therefore, our neighborhood sports programs are recreational in nature without championship games or awards with the exception of good sportsmanship recognition.

### Shoot the Rock Youth Basketball Program *Boys and Girls Grades 4-12 January 8 thru March 17*

STR Basketball is a recreational league associated with the Jr. NBA/Jr. WNBA program *that emphasizes skill development, sportsmanship, and FUN!*

Elementary school age participants will practice one day a week between 3-7pm at local school sites with games scheduled for Saturday mornings and early afternoons. Middle and high school participants will practice on weeknights with games on week-ends. A competitive spring program will be offered following the completion of the recreational league.

**Clinic Date:** December 10, 2006

**Clinic Times:**

**Grades 4-6** 3:00-5:00pm

**Grades 7-12** 5:00-7:00pm

**Price:** \$20/\$15 *Resident Discount*

**Winter Program Dates:** 1/8-3/17

**Price\*:** \$85/\$80 *Resident Discount*

*\*Price is \$95 after 12/15.*

### Spike the Rock Youth Volleyball League

*Grades 5-8*

For all of you young volleyball players in grades 5-8, Rocklin Recreation is offering an action-packed, 8-week instructional league with scheduled matches on Sunday afternoons. *All league participants receive a T-shirt!*

**Fall League Dates:** 9/24-11/12

**Time:** 3:00-5:00pm

**Price\*:** \$75/\$70 *Resident Discount*

*\*Price is \$80 after 9/22*

A winter conditioning program is offered on Sunday afternoons to allow participants to prepare for our spring volleyball program beginning in April.

**Winter Dates:** 1/21-3/11

**Time:** 3:00-5:00pm

**Price:** \$45/\$40 *Resident Discount*



**Visit our new website:**

- City News
- Virtual Tours
- Online guides for:  
Business  
City Services  
New residents  
Visitors

*You'll find helpful information  
for everyday life in Rocklin.  
See page 32 for more details.*

### NFL Flag Football

*September 26-December 3, Grades 4-12*

Rocklin Community Services is offering the exciting NFL Flag Football League for boys and girls, grades 4-12. Practices are scheduled between 3:00-9:00pm on weekdays at local school sites with games conducted on Saturday.

Play NFL Flag Football and maybe your team can make it to Orlando, Florida to play in the National Championship Tournament as two of our teams did in 2004! This is a non-contact, 5-on-5 football league for boys and girls. All participants receive an official NFL team-identified reversible jersey.

**League Dates:** 9/25-12/2

**League Price\*:** \$85/\$80 *Resident Discount*

*\*Price is \$95 after 9/15*

#### *Punt Pass & Kick*

**Competition:** Sunday, Sept. 24

**Price\*:** FREE!

**Time:** 3:00-5:00pm



### Volunteer Coaches Needed!

*Rocklin Recreation is seeking  
volunteer coaches for our NFL  
Flag Football and Shoot the  
Rock Basketball programs.*

Teams practice once a week for 1-2 hours, usually between 3:00-9:00pm on specific days of the week as shown on page 35. League games are held on Saturdays. Coaches must attend mandatory pre-season trainings.

*Coaching application forms  
are available at the Sunset  
Center or call 625-5200 for  
more information.*

# Sports & Fitness : Youth

## Sports Programs Middle & High School

Just because you're in Junior High or High School doesn't mean you shouldn't keep playing recreational sports!

This year we are offering flag football, volleyball, basketball, and Lacrosse for players in grades 7-12. Some of these programs include playing against teams from other recreation departments.

*If you are interested in more information on how you can participate in these programs, please contact Larry McDonald at 625-5220.*

### Boys NCVA Club Volleyball

Dates: August-December  
Price: \$395/\$375 *Resident Discount*

### Lacrosse

Dates: September-October  
& April-June  
Price: \$65/\$60 *Resident Discount*

### Flag Football

Dates: September-December  
Price: \$85/\$80 *Resident Discount*

### STR Basketball

Dates: January-May  
Price: \$85/\$80 *Resident Discount*

## Boys NCVA Club Volleyball

Club Rocklin Volleyball is an affiliated USA Volleyball program for boys under the age of 18 that want to compete against the best volleyball players and teams in Northern California.

The program includes weekly practices and tournament play in a variety of locations around Northern California from September to December. *A mandatory orientation meeting for parents and players will be conducted in August.*

League Dates: Aug. – Dec., 2006

Tournaments: Mostly Sundays, some Saturdays.

Practice Days: Mon & Wed evenings

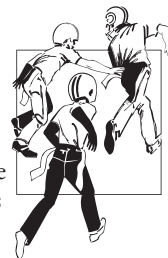
Practice Times: Between 6:30-8:00 pm

League Fees: \$395/\$375 *Resident Discount*



## Jr. All-Star Sports Grades 1-3

We now offer introductory flag football and basketball programs for youth in grades 1-3! These are instructional programs which will guide participants through drills to teach the basic fundamentals for each sport.



*Each participant will receive a program T-shirt!*

Location: Local parks & schools

Price: \$60/\$55 *Resident Discount*

### Flag Football

Days: Tuesdays  
Times: Between 6:00-8:00pm  
Dates: 9/5-10/10

### Basketball

Days: Tuesdays  
Times: Between 6:00-8:00pm  
Dates: 10/24-12/5

## Overtime Basketball Training Ages 7+

### Why Private Training?

Private training is the most effective method for consistently improving your game. One-on-one training lets the instructor focus 100% on the player's specific needs and goals for developing into a better basketball player. Whether you are trying to make an AAU or competitive team, the school basketball team, or just want to sharpen your skills, a private instructor is definitely the way to go.

Training will consist of 2 practices a week for 3 weeks totaling 6 sessions. Sessions will contain offensive position specific drills, defensive footwork & positioning, rebounding fundamentals, and conditioning while learning.

Each session lasting an hour in duration will be completely customized to the specific needs of each athlete.

Fees: \$185 (group rates available)  
Call Adam White at (916) 316-9924 for more details.

## Speed, Agility, & Quickness Training for Football

Get ready for the upcoming football season with this new course taught by our recreation staff. The goals of this program will be teaching first-step quickness, acceleration and change of direction with various drills and conditioning activities.

Dates: Mondays, 8/14-9/18  
Grades: 4-12  
Times: 5:30-7:00pm  
Fees: \$55/\$50 *Resident Discount*

## Shooting Stars Basketball League

*Ages 5-6 Instructed by Christy Stauts*

Is your child ready for some fun competition? In partnership with Lincoln Recreation, we are offering the opportunity to learn basic drills, fundamentals, team play, positions and shooting techniques. Playoff's will be held against Lincoln teams of the same age and enrolled in the same program.

Location: Clarke Dominguez Gym  
Day: Tuesday (see sessions below)  
Fees: \$60/\$55 *Resident Discount*

Sessions Available	Times Available
Session 1: 9/5-10/10 (no class 10/31)	4:45pm — 5:45pm
Session 2: 10/17-12/5	or 6:00pm — 7:00pm
Session 3: 1/9-2/13	



# Sports & Fitness : Youth

## Ultimate Family Sports Day

### All Ages

Come join Rocklin Recreation for friendly family competition at our first Ultimate Family Sports Day. Families will compete in events for all ages to be declared Rocklin's "Ultimate Sports Family!" A BBQ lunch will be served and there will be on site registration for all of our fall and winter sports programs. Please call 625-5200 for more details.

**Cost:** FREE! (Registration is required)

**Registration Deadline:** Thursday, August 24

**Where:** TBA

**When:** Saturday, August 26  
11:00 am to 3:00 pm



## Lacrosse Ages 7-17

**Location:** TBD

**Wednesdays** 6:00-7:30pm

**Dates:** 9/6-10/18

**League Fee:** \$65/\$60 Resident Discount

Learn the exciting game of Lacrosse, a sport that is rapidly growing in popularity. Sessions will include organized practices and scrimmages.

Rocklin Recreation is creating an interest list for adults who would like to form an Adult Lacrosse League.

Please call 625-5200 to be added to our mailing list.



## Kidz Love Soccer Ages 2-12

Kidz learn the world's most popular sport from professional coaches trained in the Kidz Love Soccer Method. A session experience includes age appropriate activities, skill demonstrations, fun games, and instructional scrimmages conducted in a noncompetitive, recreational format. *Shin guards are required after first meeting.* Kidz Love Soccer: "Where the score is always Fun To Fun"™. [www.kidzlovesoccer.com](http://www.kidzlovesoccer.com) for more information • KLS Rainout Hotline: 1-800-871-2275



### Mommy/Daddy & Me Soccer

Introduce yourself and your toddler to the "worlds most popular game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor and socialization skills - a variety of activities designed around the game of soccer will be played each week. The fun happens on the field, and in Mommy/Daddy & Me Soccer, you won't have to watch from the sidelines.

#### Tot Soccer (3.5-4 yrs)

Young children will develop large motor skills while having fun running and kicking just like the big kids!

Shin guards are required by the second meeting.

#### Presoccer (4-5 yrs)

Children will learn the basic techniques of soccer while building self-esteem and learning to follow instructions in a nurturing teaching environment. Shin guards are required by the second meeting.

Location:	Azevedo Community Park		
Saturdays	September 9-November 4*	Fee:	\$75/\$70 Resident Discount
2-3.5	M/D & Me	8:30-9:00am	
3.5-4 years	Tot Soccer	9:00-9:30am	
4-5 years	Pre-Soccer	9:30-10:05am	
5-6 years	Soccer 1	10:05-10:50am	
7-8 years	Soccer 2	10:50-11:35am	
9-12 years	Soccer 3	11:35-12:35pm	

#### Afternoon Session

3.5-4	Tot Soccer	5:50-6:20pm
4-5 years	Pre Soccer	3:30-4:05pm
5-6 years	Soccer 1	4:05-4:50pm
7-8 years	Soccer 2	4:50-5:50pm

### Soccer 1 (5-6 years)

Beginning players learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required by the second meeting.

### Soccer 2 (7-8 years) & Soccer 3 (9-12 years)

Play the exciting game of Soccer! Explore the real sport. Be challenged by real soccer situation, venture into the fun tactical side of scrimmaging.

Players 7 – 12 years will enjoy age appropriate soccer matches and be guided through the possibilities by a KLS youth specialist. Attack and Scoring goals! Pace and Possession! Defense and Transition! Themes such as these and continued skill building will be explored fully. Kidz Love Soccer... where the score is always FUN to FUN!

# Telephone Numbers

Presented as a public service to help you make connections with  
your community organizations and local utilities.

## City of Rocklin Services

Administrative Services .....	625-5000
Aquatic Complex .....	632-4190
City Manager .....	625-5570
City Clerk .....	625-5590
Community Development Dept. ....	625-5100
Building Division .....	625-5120
Engineering Division .....	625-5140
Fire Dept. ....	625-5300
Parks & Facilities Division .....	625-5275
Police Dept. ....	625-5400
Public Works Dept. ....	625-5500
Recreation Division .....	625-5200
Automated City Job Line .....	625-5060
TDD .....	632-4013
Sports Hotline .....	492-6213

## City of Rocklin Preschool Sites

Registration Info .....	632-4164
Rocklin Preschool I .....	632-4119
Rocklin Preschool II .....	632-5029
Rocklin Preschool III .....	625-5265
Rocklin Preschool IV .....	625-5244

## City of Rocklin Kids Junction School Sites

Antelope Creek .....	625-5257
Breen .....	625-5256
Cobblestone .....	625-5250
Parker Whitney .....	625-5251
Rock Creek .....	625-5266
Rocklin .....	625-5258
Ruhkala .....	625-5243
Sierra .....	625-5253
Twin Oaks .....	625-5252
Valley View .....	625-5255

## City of Rocklin Teen Center Sites

Granite Oaks Middle School .....	625-5261
Spring View Middle School .....	625-5260

## Community Directory

Chamber of Commerce .....	624-2548
DMV .....	(800) 777-0133
Rocklin Post Office .....	(800) 275-8777
Rocklin Branch Public Library 5460 5th Street .....	624-3133
Sunday .....	Closed
Monday .....	10am-8pm
Tuesday .....	10am-8pm
Wednesday .....	10am-6pm
Thursday .....	10am-6pm
Friday .....	10am-5pm
Saturday .....	10am-5pm

Check out the preschool storytime Thursdays or Fridays  
10:30- 11:00 am. Visit the library for more details.

## Rocklin Public Schools

Rocklin Unified School District .....	624-2428
Antelope Creek Elementary .....	632-1095
Breen Elementary .....	632-1155
Cobblestone Elementary .....	632-0140
Parker Whitney Elementary .....	624-2491
Rock Creek Elementary .....	788-4282
Rocklin Elementary .....	624-3311
Ruhkala Elementary .....	632-6560
Sierra Elementary .....	788-7141
Twin Oaks Elementary .....	315-1400
Valley View Elementary .....	435-4844
Granite Oaks Middle School .....	315-9009
Spring View Middle School .....	624-3381
Rocklin High School .....	632-1600
Whitney High School .....	632-6500
Sierra College .....	624-3333
Rocklin Academy .....	435-4750

## Youth Organizations

Rocklin Girls Fast Pitch Softball, <i>Bill Roberts</i> .....	630-7544
Rocklin Jr Thunder Football & Cheer	
Hot Line .....	497-1369
www.jrthunder.com	
Rocklin Little League .....	632-7756
Rocklin Wave Swim Team .....	497-1444
Rocklin Youth Soccer Club .....	773-7217
Tri City Little League .....	773-4454

## Other Agencies

### American Red Cross

Auburn .....	(530) 885-9392
Sacramento .....	368-3131

## Senior Services

Meals on Wheels .....	(530) 888-7137
Placer County Health Department, <i>Preventive Health Care for the Aging</i> .....	(530) 889-7164
Senior Cafe .....	622-1295

## Utilities

Auburn Placer Disposal .....	(530) 885-3735
P G & E .....	(800) 743-5000
PCWA .....	(530) 823-4850
AT&T Communications	
<i>New Telephone Service</i> .....	(800) 310-2355
SureWest .....	786-3232
South Placer M.U.D. ....	652-5877
Starstream Communications .....	652-9479
<i>(Cable T.V.)</i>	

Visit our new Website  
[www.rocklin.ca.us](http://www.rocklin.ca.us)

# Teen Programs : Special Events



*The City of Rocklin Teen Program, in conjunction with Rocklin Unified School District and the Rocklin Teen Committee, offer a wide variety of programs and activities for local youth in grades 7th and 8th.*

## Attention Kids, Grades 7-8, Starting August 28.

Join your friends for supervised after school activities at Station Xtreme. Granite Oaks and Spring View middle schools will have teen centers open on campus, as shown below, from the time school gets out until 5:30pm. City staff will provide activities such as ping pong, pool, video games, sports, snacks, and more. These programs are open to 7th and 8th grade students.

<b>Granite Oaks Station Xtreme</b>	<b>Spring View Station Xtreme</b>
<i>Mondays &amp; Wednesdays</i>	<i>Tuesday, Thursdays &amp; Fridays</i>
<i>3:15-5:30pm</i>	<i>3:15-5:30pm</i>
<b>(916) 625-5261</b>	<b>(916) 625-5260</b>

### The Station Xtreme program is FREE!

A membership fee of \$20 for the school year will be due at time of registration. All participants must submit a completed registration and code of conduct form prior to attending. Both sites open on RUSD flex days.

## Frightful Friday Dance

*A costume contest will be held, so come dressed up!*

**October 27, 2006  
7:00-9:30pm**

Station Xtreme will host a spooky dance for 7th and 8th grade students at the Sunset Center on Halloween night. Tickets will be sold on the campuses of Granite Oaks and Spring View middle schools the week of October 23rd.

***No tickets will be sold at the door.***

## Dances

Held at the Rocklin Sunset Center. Offered on Friday evenings in the fall, winter and spring. Dates to be announced at Granite Oaks and Spring View schools. School ID required for entry.



## Field Trips

Trips to a variety of attractions offered throughout the year! Past trips have included Boreal Mountain Resort, movie theater, Marine World, and many more.

## Creek Week, April 22, 2006



Thanks  
Volunteers,  
Rock Creek  
Elementary Students,  
and  
Placer Rotary Club!  
Over 35 trees  
were planted in  
Twin Oaks Park!

## Thanks to our Community Partners

Anttix Clothing, ATV Video, Blockbuster Video, Boards-N-Motion, Cal-Fed Campaign, Cool River Pizza, Custom Word, Denny's of Rocklin, Ground Zero, On 3 Board Shop, Rocklin Unified School District, Rocklin Teen Committee, Sacramento Coca-Cola, Safeway, Sam's Club, Sierra Spring Water Company, Sinister Skate, Skip's Music, Sprint, The Studio, and Ronin Skate Shop.

*If you would like to contribute to the success of the Station Xtreme Teen Program, contact Andrea Slater at 625-5219.*

# Theatre

## Stage Coaching Theatre Workshop

*Ages 8-12*

Students will experience a three-part theatre workshop, to include instruction in singing, dancing and stage presence. This basic theatre workshop will challenge the beginning actor.

**Location:** Finn Hall  
**Instructor:** Jill Page  
**Tuesdays** 6:00-7:00pm  
 10/3-10/24 3302.610  
 \$45/\$40 Resident Discount

*City of Rocklin presents:*

**The Rocklin Shakespeare  
Company in**

*“Much Ado  
About Nothing”*

**Sunday and Monday**

**July 30 & 31**

**August 6 & 7**

**7:00pm**

**Community Stage  
Johnson-Springview Park  
5480 Fifth Street**

Lawn seating: bring blankets,  
lawn chairs, picnic dinner

Experience the richness of a time gone-by in an outdoor setting with the masterful wit of Shakespeare in his classic comedy, “Much Ado About Nothing.”

Enjoy the costumes, verbiage and simple set of 17<sup>th</sup> Century England in your own community park.

*Enjoy the park in a new way.*

With ample parking and playground nearby for the young, you will find this to be an event for the whole family.



## Theatre & Arts

City of Rocklin

*Theatrical Productions*

*Schedule 2006*

*Finn Hall*

*4090 Rocklin Road*

*All information is subject to change.  
All play titles are tentative.*

**General Admission:**

**\$7 per person per show**

**Show times:**

**7:30pm Fridays & Saturdays,**

**2:00pm Saturdays & Sundays**

*“Guys and Dolls”*

*July 14-23*

*“The Emperor’s New Clothes”*

*September 15-24*

**General Admission:**

**\$10 per person per show**

*“Scrooge — The Musical”*

*December 8-17*

*“Hello Dolly!”*

*March 16-25*

## Theatre Classes

Students will study character, dance, improvisation, and receive an overall theatrical experience and discipline. Lab fee to cover makeup, costumes, and set is included in fee. Students may perform in the upcoming musical production. Auditions for characters in the production will take place during class time. *Students must be able to read script. Additional Tuesday practices are scheduled as needed.*

**Location:** Finn Hall & Annex

**Executive Director:** Bruce Carstens

**Director:** Jill Page

*2nd child discount: Receive \$10 off enrollment price when registering a sibling into the same theatre class.*

### “Scrooge, The Musical”

**Thursdays** 7:00-9:00pm

**Sundays** 2:00-5:00pm or

7:00-9:00pm

**Rehearsal:** 9/28-11/30

Class will meet Thursdays, Sundays, and selected Tuesdays. Auditions are held the first week of class. Must be registered for class. Youth in grades 3-8 may only enroll if a parent is also enrolled.

**Weekend Performance Dates:**

**December 8-17**

**Youth grades 3-8** 3303.609

**Youth grades 9-12** 3304.609

**\$108/100 Resident Discount**

**Thursdays** 7:00-9:00pm

**Sundays** 2:00-5:00pm

**Age 16-Adult** 3305.609

**\$38/30 Resident Discount**

**Thursdays** 7:00-9:00pm

**Sundays** 2:00-5:00pm

*\*No Class 11/28*

### “Hello Dolly!”

**Thursdays** 7:00-9:00pm

**Sundays** 2:00-5:00pm or

7:00-9:00pm

**Rehearsal:** 1/4/07-3/8/07

Class will meet Thursdays, Sundays, and selected Tuesdays. Auditions are held the first week of class. Must be registered for class.

**Weekend Performance Dates:**

**March 16-25**

**Age 16** Adult, Women

3305.701

**Age 16** Adult, Men

3305.702

**\$38/\$30 Resident Discount**

*If you are interested in receiving  
information regarding  
theatrical productions and art  
events, please call 625-5223 to be  
placed on our mailing list.*



# Theatre

## "The Emperor's New Clothes"

**September 15-24, 2006**

Two con-men "play the palace" in this breezy adaptation of Hans Christian Andersen's well-known satirical tale, "The Emperor's New Clothes."

A charming exploration of the dangers of vanity, with a host of hilarious characters that includes a brassy, tap-dancing, bugle-playing Empress.

## "SCROOGE—The Musical"

**December 8-17, 2006**

This musical version of the classic Charles Dickens tale, "A Christmas Carol," portrays the story of miserly Ebenezer Scrooge, who repents his past life and changes his ways after nocturnal visits from the ghosts of Christmas Past, Present, and Future. Renowned writer/composer/lyricist Leslie Bricusse adapted the hit screen musical *Scrooge* for the stage to re-create this timeless classic for the entire family to enjoy.

## "Hello Dolly!"

**March 16-25, 2007**

Book by Michael Stewart, Music and Lyrics by Jerry Herman. Based on the Play "The Matchmaker" by Thornton Wilder.

"And what do you do for a living, Mrs. Levi?" asks Ambrose Kemper in the first scene of this delightful musical comedy. "Some people paint, some sew...I meddle," replies Dolly. From there Dolly attempts to marry the wealthy Horace Vandergelder and put his money to good use, setting up matches for those around her as she goes. With a wink to the audience at the end of Act II, she quotes her late husband, "Money, pardon the expression, is like manure. It's not worth a thing unless it's spread around encouraging young things to grow."

HELLO, DOLLY! is full of memorable songs including Put On Your Sunday Clothes; Ribbons Down My Back; Before the Parade Passes By; Elegance; It Only Takes a Moment; So Long, Dearie; and of course, Hello Dolly!

## Theatre & Arts Season Passes

Season Passes are on sale for \$32 for the 2006-2007 Season. Productions included in the 2006-2007 Season Pass are:

### "The Emperor's New Clothes"

September 15-24, 2006

### "Scrooge – The Musical"

December 8-17, 2006

### "Hello, Dolly!"

March 16-25, 2007

### Teen Production, TBA

July 13-22, 2007



## Local Non-Profit SPORT GROUPS and CLUBS



### Rocklin Girls Fast Pitch Softball League

Rocklin Girls ages 5-16  
[www.rocklingirlssoftball.org](http://www.rocklingirlssoftball.org)



### Rocklin Jr. Thunder

Football and Competition Cheer  
Ages 6-14  
(916) 497-1369  
P.O. box 415  
Rocklin, CA 95677  
[www.jrthunder.com](http://www.jrthunder.com)



### Rocklin Little League

Youth ages 6-19  
(916) 632-7756  
<http://eteamz.active.com/rocklinllbb/>



### Rocklin Pony Baseball

Youth ages 9-16  
(916) 624-7508



### Rocklin WAVE Swim Team

Ages 5-18  
(916) 497-1444  
[www.rocklinwave.com](http://www.rocklinwave.com)



### Rocklin Youth Soccer Club

Division III (Select) for ages 8-18  
Division IV (Recreational) for ages 5-18  
2351 Sunset Blvd., Suite 170-306  
Rocklin, CA 95765  
(916) 773-7217  
[www.rocklinsoccer.net](http://www.rocklinsoccer.net)



### Tri-City Little League

Little League Baseball open to ages 5-18  
(916) 773-4454  
[www.tricitylittleleague.com](http://www.tricitylittleleague.com)

# Make A Difference In Your Community

There are many ways for you to give back to your community and to enrich the lives of many. Consider a donation to one of the funds managed by the City of Rocklin. The City will ensure that your donation is used exclusively for the purpose in which you designate.

## Trust funds include:

- Theatre & Arts
- Health and Safety
- Kids Junction  
Before & After-School Program
- Park Improvement
- Preschool Trust
- Recreation
- Rocklin Jubilee
- Senior Programs
- Youth Sports
- Special Events
- Teen Programs



*To learn more about how you can contribute  
to these funds contact: (916) 625-5200*



# What's the good word?

## *What participants are saying about City of Rocklin Programs:*



**Baljit Atwal,**  
Rocklin Resident

*"We've taken swim classes for two years and we love it. My 4 year old is becoming very comfortable in the water. It has been a wonderful experience for the entire family. I would recommend it highly."*

*"My 4 year old also plays soccer and has taken Hot Shot Tot Sports classes. Now, his 2 year old brother can't wait to join."*

**Pam Bertels,**  
Rocklin Resident

*"For the past 5 years the Kids Junction staff has always been friendly and helpful. My daughter always looks forward to being at Kids Junction."*



**Jackie Aroz,**  
Rocklin Resident

*"I am so happy with Rocklin Preschool. The staff is great. They are what keep us coming back. We are finishing up our 6th year."*

**Linda Sunder,**  
Rocklin Resident

*"The feeling of safety and security we experience in placing our son into Kids Junction cannot be put into words. The staff is kind, courteous and professional. We would choose no other after-school program for our little guy!"*

### ***We Want To Hear From You!***

***Tell us what you think, and what you want.***

***See Page 22 or visit us at [www.rocklin.ca.us](http://www.rocklin.ca.us).***



[www.rocklin.ca.us](http://www.rocklin.ca.us)

City of Rocklin Parks and Recreation is about Creating Community through People, Parks and Programs. So, what does that mean to you?

You'll find more services, more programs and more opportunities tailored to fit the needs of your lifestyle. You will find something that works for you and for every member of your family. Please join us.





**Thank You**  
to the many sponsors and  
volunteers and who have  
made our 2006 Yellow Ribbon  
Jubilee a great success!



## DIAMOND



WHITNEY RANCH™



One Place, So Many Possibilities.

## PLATINUM



SAFeway.



Albertsons



ROCKLIN PARK  
HOTEL & SPA

THE PLACER HERALD



## GOLD

Raley's/Bel Air • KFBK  
Rocklin Unified School District  
Camping World • Denny's of Rocklin  
Rebounds Sports Pub & Grill  
SAFE Credit Union

**Please join us for the next Jubilee in 2007: Outback-Australian Jubilee!**

**Saturday, June 30, 2007**

Mark your calendar for the 2007 Rocklin Jubilee. As in years past, the day's activities include a parade, pancake breakfast, activity, craft, food, and sponsor booths, live entertainment, BBQ dinner, and fireworks. Most events take place at Johnson-Springview Park. Call 625-5200 for more information.

### Committee Members Needed

Rocklin Community Services and the 2007 Rocklin Jubilee Committee are seeking individuals and organizations to chair specific events. Meetings are conducted on the first Thursday

of each month, from 5:30-7:30 during the months leading up to the Jubilee. For more information on becoming a member, please call Michele Young at 625-5226.

### Sponsors Needed

The Rocklin Jubilee is made possible through the generous support of local businesses and individuals. Each year over a hundred businesses, community service clubs, and individuals contribute monetary and/or product donations to help make the Jubilee a successful and very special event. Sponsors receive exposure to over 25,000 people that attend the event each year, along with other great benefits! For more information, call Sharon Mowry at 625-5225.